

TIME^{CO₂} *EARTH AWARDS*

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+
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At the Scranton Army Ammunition Plant, a fresh round; at right, shells ready for the Iowa facility that will add explosives

Photographs by Vincent Tullo for TIME



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The power of TIME



Today, the work of TIME's global newsroom reaches the largest audience in its history

LAST YEAR, RESIDENTS OF YAHIDNE, UKRAINE, were kept captive in a basement guarded by Russian soldiers for nearly a month. Working with Ukrainian journalists, TIME published their incredible story of survival. A photograph sent to us some weeks later captured the villagers seeing themselves in our pages. As TIME's new editor-in-chief, I will be hanging that picture in my office—a reminder of the power, purpose, and vitality of TIME's journalism, and the responsibility we have to tell the world's stories.

On Feb. 7, 1922, Briton Hadden wrote a letter to his mother saying he'd quit his job (sorry, Mom!) and was working with his former classmate Henry Luce to start a new kind of publication. He was confident that within seven weeks, the pair would know whether their idea would be a success. It was, and 101 years later, it remains so: today, the work of TIME's global newsroom reaches the largest audience in its history, 105 million people across all platforms.

TIME'S HIGH-IMPACT journalism serves as the foundation of the growth of our company, which has been independent since its purchase in 2018 by our owners and co-chairs Marc and Lynne Benioff, extraordinary supporters of our work and our mission. TIME is led by our CEO Jessica Sibley, a champion for TIME's journalism and TIME's future. Welcoming new audiences is key to that future: readers under the age of 35 account for 45% of TIME's global audience, a fact that no doubt would have pleased our 20-something founders. Our readership includes more than 50 million social media followers and 1 million subscribers, making our print magazine the largest U.S. title in news. Under the leadership of my friend and predecessor Edward Felsenthal, we have also vastly expanded the platforms for TIME's journalism, including our Emmy Award-winning film and television division, TIME Studios, and our rapidly growing live-events business, anchored in the TIME100 and Person of the Year franchises.

On a recent visit to my parents, I discovered a long-forgotten grade-school project:



Residents of Yahidne, Ukraine, look over TIME's coverage of the town's ordeal

my classmates and I made our own versions of an issue of TIME as a history assignment. Fellow Brookline, Mass., native John F. Kennedy was on the cover of mine. I could not be more thrilled to have the opportunity to make the real thing every day with my colleagues, in all the forms and formats that reach you today. I've been so fortunate to spend my career in journalism—something I've wanted to do since not long after that assignment. I've learned there's nowhere better to work than a newsroom, and nowhere quite like TIME, with its global reach and range.

From its iconic red border to our thriving digital journalism, TIME is about people. We cover the people who shape and improve the world—five of whom are covered in this issue via the TIME CO2 Earth Awards. We convene

people across divides and perspectives. And we serve people. We deliver trusted guidance that helps people lead safer, healthier, better, and more enjoyable lives. The immense privilege of doing this work is hearing from those who have been changed by our words, images, and video.

We believe that in an age of division, the world deserves an editorial platform that brings people to-

gether, providing a common narrative and a sense of shared purpose. In a world of distrust, the need for trusted journalism from TIME has never been greater. At the core of that work is a team of immensely talented editors, reporters, and producers, which today stretches from New York and Washington to London and Singapore, supported by colleagues and contributors everywhere in between. The innovation and tenacity this team has shown in the past few years—working across era-defining stories, industry-wide change, and a once-in-a-century pandemic—is inspiring. We are deeply committed to this work and grateful for your support of it. Please continue to let us know how we are doing and what we can do better.

Sam Jacobs,
EDITOR-IN-CHIEF



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CONVERSATION



TIME100 Summit

On April 25, TIME hosted a day of conversations in Manhattan to celebrate the 2023 TIME100 list of the world's most influential people. Counterclockwise from left: philanthropist Laurene Powell Jobs (*left*) and TIME CEO Jessica Sibley; director Steven Spielberg; singer Milck; former House Speaker Nancy Pelosi; basketball stars Carmelo Anthony (*right*) and Nneka Ogwumike (*left*) with Mellon Foundation head Elizabeth Alexander; New Hampshire Governor Chris Sununu (*left*) and TIME editor-in-chief Sam Jacobs; star Kim Kardashian. More at time.com/100



On the covers



Photograph by Caroline Tompkins for TIME



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The Earth Awards

TIME hosted the Earth Awards, honoring leaders in climate action, with TIME CO2, which supports businesses working to solve the climate crisis. From left: TIME's president of sustainability Simon Mulcahy; Sibley; former EPA head Lisa P. Jackson; activist Vanessa Nakate; organizer Gloria Walton; U.N. Secretary-General António Guterres; actor Mark Ruffalo; and TIME CO2 co-founder Shyla Raghav. See all winners at time.com/earth-awards



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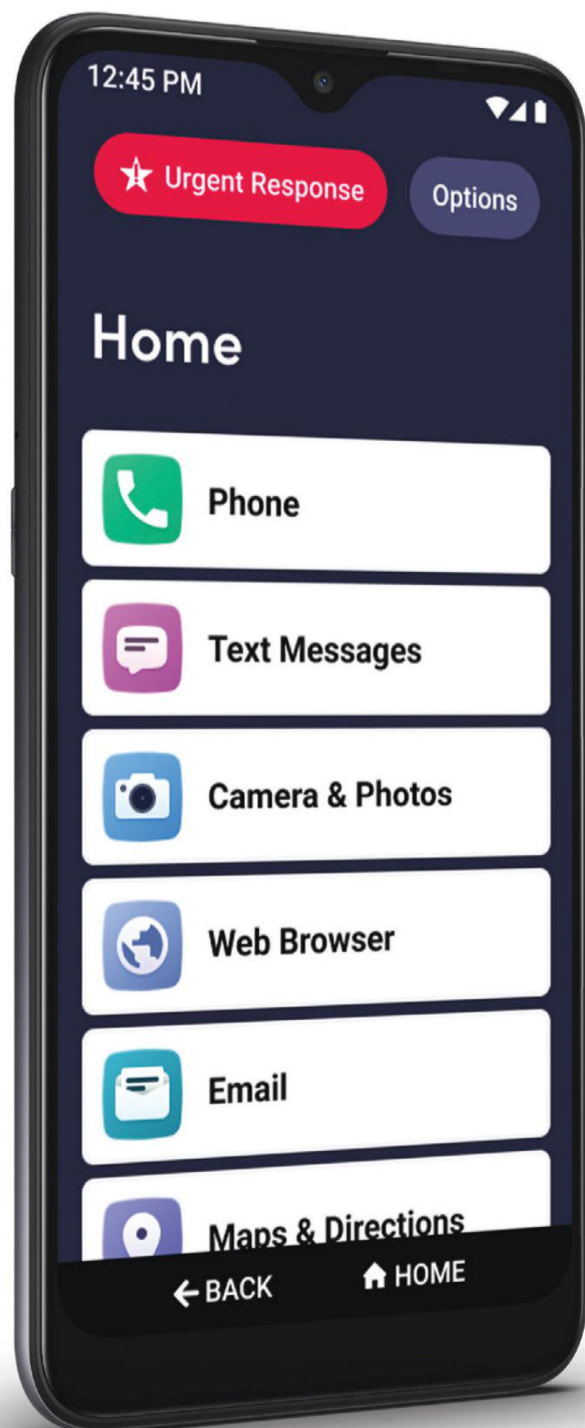
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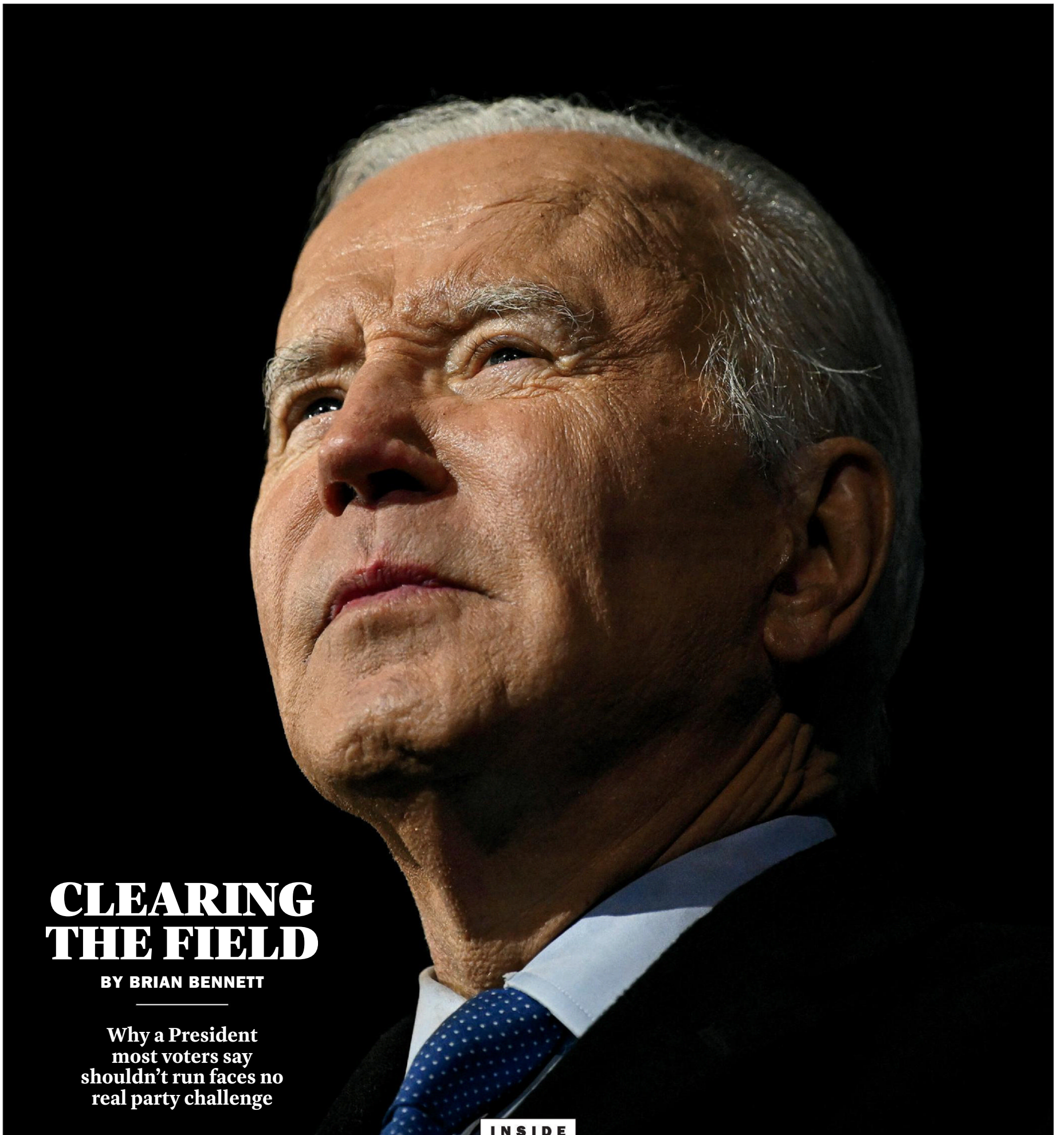
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The Brief



CLEARING THE FIELD

BY BRIAN BENNETT

Why a President
most voters say
shouldn't run faces no
real party challenge

INSIDE

REMEMBERING HARRY BELAFONTE,
ACTIVIST AND PERFORMER

HOW TO FIND
YOUR NEW HOBBY

IGA SWIA TEK MIGHT BE
TENNIS' NEXT BIG STAR

IN EARLY JANUARY, PRESIDENT JOE BIDEN called a Cabinet meeting in the West Wing of the White House. Over the holidays, a wave of flight cancellations by Southwest Airlines had left thousands of Americans stranded at airports for days. The face of the government response on cable news had been Biden's Transportation Secretary and onetime rival for the Democratic nomination, Pete Buttigieg, who had been one of the Administration's most visible talking heads for months. Multiple clips of Buttigieg holding his own against combative anchors had gone viral. When Biden saw Buttigieg, the President flashed his unnaturally white teeth.

"Hey, TV," Biden tossed at Buttigieg, say two people familiar with the meeting. It was a targeted jibe. Officials in the room saw it as a good-natured reminder to Buttigieg that while it was his job to be out in front of a bad news cycle, he was representing Biden, not himself.

The subtle moment spoke volumes about how Biden has managed to clear the field for a re-election bid that many in his party never wanted. A year ago, the conventional wisdom was that Biden might run again, but that he would have to fend off serious challengers in a contested primary, including possibly figures from within his own Cabinet.

That thinking has completely fallen apart. Despite a recent poll showing most voters don't want the oldest President in American history to run for another term, none of the party's most credible candidates is taking any steps toward a run. The two most prominent Democrats vying for President thus far—Marianne Williamson and Robert F. Kennedy Jr.—are far from serious threats.

"You're not going to challenge somebody that you can't beat," says a Biden adviser. Across the country, the Democratic Party's biggest stars have conceded that point.

In some cases, the President brushed back would-be challengers after bringing them into his Administration, like Buttigieg and Commerce Secretary Gina Raimondo. For others, like Senators Bernie Sanders and Elizabeth Warren, he's incorporated some of their pet initiatives into his own agenda. Many of Warren's former advisers and staff now populate the senior ranks of the national Consumer Financial Protection Bureau and are in key spots running Biden's trade policy. And Biden has echoed Sanders as he pressured pharmaceutical companies to swallow cuts to the prices Medicare pays for essential prescription drugs like insulin. With Democratic governors who have hinted at future presidential runs,

like California's Gavin Newsom and Illinois' J.B. Pritzker, Biden has carved out extra time to meet them over his two years in office and deliver on the needs of their states.

BIDEN FORMALLY LAUNCHED his re-election campaign with the release of a three-minute video on April 25. But his poll numbers are still in the low 40s, dragged down by voters' concerns over Biden's age. (The President turned 80 in November and, if elected to a second term, would finish out his service at the age of 86.)

Much as he did with his 2020 campaign, Biden is expected to lean into his experience. Presidential success requires an ability to manage the political winds as much as to execute sound policies, and Biden's pitching to voters that he's cracked the code by not letting the news cycle drive his day. Biden allies say highlights of his first

term, such as working with Republicans to pass an infrastructure bill, as well as his handling of crucial pivot points like Russia's invasion of Ukraine and the midterm elections, demonstrate his ability to keep from getting thrown off course.

Voters "want experience, and they want a steady hand, and they see the alternative is chaos, and they feel that, and this country has been through a lot of chaos," says Jen O'Malley Dillon, a White House deputy chief of staff and Biden's 2020 campaign manager.

In the midterms, Biden focused attention on the threats to democracy posed by election denial, political violence, and the "ultra MAGA" wing of the GOP, messaging that some Democrats at the time criticized as detours from addressing voter concerns over inflation. But the President's instincts helped thwart a Republican wave. Biden is "his own best political strategist in many respects," says his senior adviser Anita Dunn.

"Bidenism fundamentally is optimism," says Matt Bennett, a longtime Democratic strategist now at the centrist think tank Third Way. "He's optimistic about working with the Republicans. Actually thinks he can get some deals with these guys."

The question now is whether Biden can ride his instincts and his track record to a second term.

The most compelling thing going for him among Democrats may be that he seems likely to again face Donald Trump. And Trump's already lost that matchup before. "He beat Trump once, and Democrats appreciate that accomplishment," says Republican strategist Whit Ayres. But Ayres notes, "Just because he beat him doesn't mean he can beat him again." □

**Biden is
'his own best
political
strategist in
many respects.'**

—ANITA DUNN,
BIDEN'S SENIOR ADVISER



Coronation preparation

Members of the cavalry regiment of the British army prepare for an April 17 nighttime rehearsal for the coronation of King Charles III. The May 6 event is the U.K.'s first coronation in 70 years, and in addition to crowning Charles alongside his wife Camilla in a lavish ceremony, it will showcase British traditions the monarchy is meant to sustain.

THE BULLETIN

Big Tech nervous as Europe prepares to regulate AI

EUROPEAN LAWMAKERS ARE putting the finishing touches on a set of wide-ranging rules designed to govern the use of artificial intelligence. If passed, those rules would make the E.U. the first major jurisdiction outside of China to pass targeted AI regulation. And tech companies are lobbying hard amid the battle over the scope of the rules.

SETTING THE BAR The E.U. Artificial Intelligence Act is likely to ban AI that ranks citizens based on their behavior and facial recognition in public. The rules could set a global standard, as companies may find it easier to comply with E.U. rules in all countries, rather than to build different products for different jurisdictions—a phenomenon known as the “Brussels effect.”

BIG TECH'S FIGHT One of the act's most contentious points is whether so-called general-purpose AIs—like ChatGPT—should be considered high risk, and thus subject to the strictest rules. Lobbying against this possibility are Big Tech companies including Google and OpenAI's biggest investor, Microsoft, which have plowed billions of dollars into building general-purpose AIs and seek to benefit from licensing them out to smaller companies. “Predicting all potential risks” of general-purpose AIs would not only be near impossible but also stifle innovation, a letter to E.U. lawmakers co-signed by Microsoft in late 2022 says; instead, it recommends, the new rules should place the regulatory burden on the often smaller companies downstream

that apply Big Tech's AIs to specific risky use cases. Categorizing general-purpose AI systems as “high risk” would be wrong, Google argued in a separate letter to E.U. regulators, and could harm consumers and hamper innovation in Europe.

PROGRESSIVE STANCE A group of progressive politicians and technologists resist this notion, arguing that exempting the most powerful AI systems from the new E.U. rules would be akin to passing social media regulation that didn't apply to Facebook or TikTok. Doing so “would exempt [Big Tech] from scrutiny even as general-purpose AIs are core to their business model,” says Meredith Whittaker, a former senior adviser to the FTC on artificial intelligence. —BILLY PERRIGO

GOOD QUESTION

What's next for misoprostol, the other abortion pill?

BY ALICE PARK

THE ABORTION PILL MIFEPRISTONE HAS been on uncertain legal ground since a Texas judge ruled on April 7 that the U.S. Food and Drug Administration (FDA)'s approval more than two decades ago should be suspended. After the Department of Justice appealed the decision and requested that the Supreme Court step in, the high court decided that mifepristone should remain available while courts continue to decide its legal fate.

With one abortion pill in legal limbo, experts are now worried about possible threats to the other one: misoprostol.

The drug is FDA approved to treat ulcers and, when used with mifepristone, to induce abortion in a person's first trimester of pregnancy. Taking the pills together is more effective and linked to fewer side effects than using misoprostol alone. In many parts of the world, however, doctors use misoprostol on its own for abortions. Health care providers in the U.S. can still use just misoprostol for abortions or to manage miscarriages in what's called off-label use, a common practice that allows them to prescribe any approved drug for purposes other than those for which they are indicated.

If mifepristone loses its status as an approved drug, or if its use is restricted, misoprostol could become the only option for medication abortion—and the next abortion battlefield.

THE UNPRECEDENTED LEGAL CHALLENGE to one abortion pill shows how the other might be vulnerable. While misoprostol's approval as an ulcer drug is unlikely to come under legal threat, its use in abortion might. If that happens, aggressive prosecutors could charge people who

travel to other states to take the pill, or even their prescribers.

Just as plaintiffs brought a case against the FDA questioning the approval of mifepristone, parties could challenge the FDA's regulation of off-label use—not only for misoprostol, but for any drug. "If the challenge to mifepristone is successful, it could open the floodgates to litigation against other drugs," says Lawrence Gostin, director of the World Health Organization Collaborating Center on National and Global Health Law at Georgetown Law.

So far, access to misoprostol isn't threatened, but states where abortion is legal are trying to pre-emptively protect it. Some Democratic governors—including in California and New York—are stockpiling the drug to preserve access to medication abortions. After the Texas judge's ruling, Washington State's legislature passed a shield law

that prohibits cooperation with out-of-state criminal and civil cases related to abortion, which the governor is expected to sign into law. "A lot of states are stepping up and putting protections in place recognizing that this is probably coming," says Liz Borkowski, managing director of the Jacobs Institute of Women's

Health at George Washington University.

Even more might be required to insulate misoprostol. New York Governor Kathy Hochul proposed legislation ensuring that private insurance companies cover the drug when used in abortion; she is also working to protect doctors who prescribe it by discouraging higher malpractice rates for them. In Washington State, legislators passed a bill recognizing that reproductive health care services, including abortion, are part of health care providers' professional duties and not subject to disciplinary measures under the state's licensing regulations.

For Dr. Umair Shah, secretary of health for Washington State, the biggest concern is for "the impact and precedent this sets for other kinds of medications," he says. "It's extremely concerning when politics supersedes health decisions." □



Misoprostol can be used alone off-label for abortions

DEPARTED

Tucker Carlson

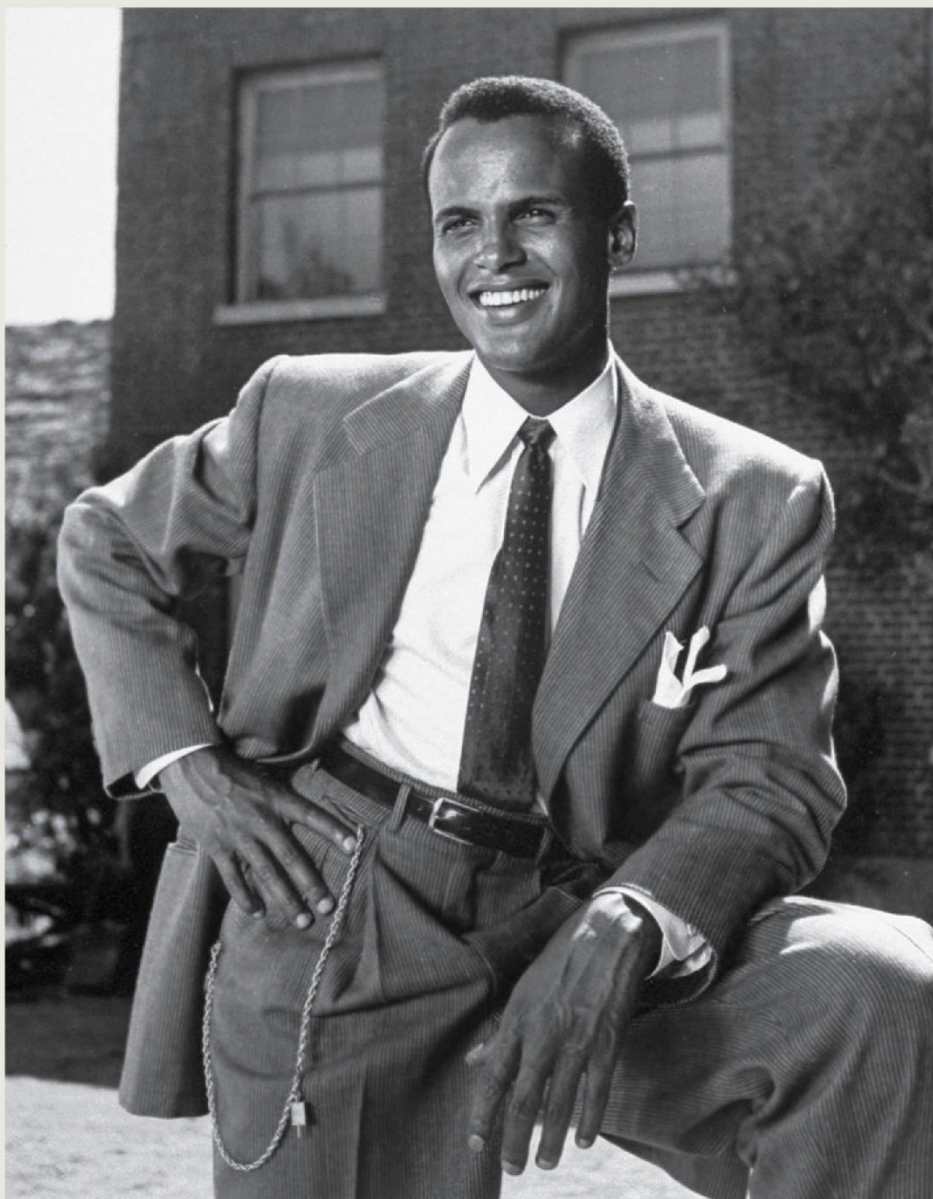
Fiery Fox host

Fox News said April 24 that it had "parted ways" with Tucker Carlson, the host of the conservative cable news network's hit show *Tucker Carlson Tonight*.

Carlson's exit was framed as a mutual decision. A source at Fox told TIME the decision was not a financial one and suggested Carlson was likely surprised by it, but would not provide further comment.

Consistently the most popular solo host on what is consistently the most popular cable news network, Carlson had seemed pretty untouchable. Then came Dominion Voting Systems' lawsuit against the network—which resulted in a \$787.5 million settlement and revealed disparaging comments Carlson had made against both Donald Trump and the network's higher-ups. He's also named in a lawsuit from Abby Grossberg, his former head of booking, that includes allegations that male producers on his show created a toxic work environment. Carlson's exit is sure to impact how we understand a 2024 presidential election that is already beginning to take shape. —Judy Berman





DIED

Harry Belafonte

Trailblazing performer and fierce activist

HARRY BELAFONTE, THE singer, actor, and activist who broke barriers in his tireless fight for civil rights, died at 96 on April 25. With knockout good looks and a warm, acrobatic voice, he became known as “America’s Negro matinee idol” in the 1950s, one of the few cross-over Black stars in a segregated nation. His songs, including “Day-O (Banana Boat Song)” and “Jump in the Line,” brought calypso music to American audiences and became enduring hits, while his powerful screen presence propelled films like *Carmen Jones* and *Island in the Sun*. He captivated audiences with his ability to inject both deep pathos and impish humor into a repertoire spanning jazz, folk, and

even chain-gang chants.

Belafonte’s charisma made him a hit in front of diverse crowds. His 1956 album of Caribbean songs, initially deemed too “ethnic,” made history as the first album to sell a million copies in the U.S. Despite his success, he was met with discrimination and resistance. In Hollywood, he was offered staid roles like the curmudgeonly teacher or kindly handyman. A Chicago club’s manager refused to let him into his own show, and he weathered death threats from the Ku Klux Klan.

At the height of his fame, Belafonte stepped back from entertainment to devote his time to the civil rights movement. He became a key economic engine and behind-

<

Belafonte made his film debut in Bright Road in 1953

the-scenes organizer for sit-ins, freedom rides, and marches. He raised and personally delivered \$70,000 to protesters in Mississippi during their 1964 Freedom Summer; he became one of Martin Luther King Jr.’s most trusted confidants, serving as a mediator between King and John F. Kennedy’s White House. He stood at the front lines at the March on Washington and the final march from Selma to Montgomery, embodying the ethos he later described in his memoir: “To change the culture, you had to change the country.”

In the decades to come he would expand his empathetic push to a global scale, fighting against apartheid in South Africa, famine in Ethiopia, and genocide in Rwanda. He became a UNICEF goodwill ambassador, and spearheaded the 1985 “We Are the World” effort that raised over \$63 million for humanitarian aid.

His musical and political efforts earned Belafonte a National Medal of Arts, a Grammy, and a Tony and made him the first African American to win an Emmy. He remained a devoted activist into his 90s, railing against the Iraq War, raising awareness on voting and mass incarceration, and serving as an honorary co-chair of the 2017 Women’s March with Gloria Steinem. “Had I not been led to a place of activism,” he told TIME ahead of that march, “nothing in my life would have been worth its existence.”

—ANDREW R. CHOW

ANNOUNCED

Two more candidates’ campaigns in **the 2024 presidential race**: Republican South Carolina Senator Tim Scott on April 12, and Democratic antivaccine activist Robert F. Kennedy Jr. on April 19.

INVITED

Supreme Court Justice Clarence Thomas by Senator Dick Durbin, to testify before the Judiciary Committee about accepting gifts from a Texas billionaire for over 20 years, according to an April 6 ProPublica report.

FILED

The 52-year-old retailer **Bed Bath & Beyond**, for **Chapter 11** bankruptcy, on April 23, announcing plans to close its 360 stores.

ARRESTED

Jack Teixeira, a member of the Massachusetts Air National Guard, by the FBI on April 13, in connection with **a major leak of classified documents**.

DIED

► **K-pop star Moon Bin**, a member of the South Korean boy band Astro, on April 19 at age 25.

► Australian comedian **Barry Humphries**, known for his character **Dame Edna**, on April 22 at age 89 from complications following surgery.





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THE BRIEF HEALTH

5 ways to find your new favorite hobby

BY ANGELA HAUPT

KATE HANSELMAN'S HOME IS like a shrine to hobbies past and present. There's fencing gear from previous lessons, and two pairs of shoes she used during her love affair with rock climbing. "I find yarn everywhere because I love knitting, and I have a whole set of embroidery stuff," she says. Plus: stacks of puzzles, her partner's golf clubs, and equipment from his flying lessons. "Our house is like a full hobby station," she says with a laugh.

Challenging, fun, and engaging hobbies have the power to make us happier and healthier, says Hanselman, a psychiatric mental-health nurse practitioner with the counseling practice Thriveworks. Such pursuits help us grow in creative, physical, or intellectual ways, and can boost self-esteem. Plus, they often foster connection with others. Research suggests that hobbies lead to better physical health, more sleep, lower stress, greater life satisfaction, a larger social network, and improved work performance.

"Hobbies live in the pleasure world, not necessarily the mastery world," says Hanselman. "We're not trying to impress the board, we're not going for a paycheck, there's no ulterior motive. Hobbies are like dessert—and as a baker myself, dessert is the most important part."

But where do you start? We asked experts to share strategies for discovering the hobbies you don't yet know you'll love.

1. Ask yourself how you want to feel

Hobbies present an escape—they can help us get out of our head and calm down, says Matthew J. Zawadzki, an associate professor of health psychology at the University of California, Merced. He suggests asking yourself how you want an activity to make you feel: Mentally engaged? Distracted? Relaxed? Socially connected? It can also be helpful to **consider what your life is missing**, like creativity or physical activity, and allow that to guide your choices. “Recognize that you have different needs at different moments, and that’s OK,” he says. There’s no such thing as one perfect hobby.



2. Start small



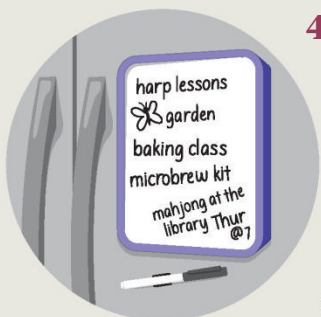
Don’t invest a ton of time and money in a new hobby immediately. Ease in to figure out if it’s right for you, advises Rebecca Weiler, a mental-health counselor who specializes in career counseling: “You can always do more later.” If you’re wondering if paintball might be a good fit, join an outing or two with a local Meetup group. Or sign up for a onetime pottery class rather than a set of eight. It’s also smart to **resist the pressure to overcommit**. Hanselman enjoyed learning to fence, but the next step was competing, and she didn’t want to do that, so she stopped. “You spend enough of your day pushing yourself,” she says. “Hobbies are supposed to be fun.”

3. Take an assessment

Lots of colleges offer career assessments that can help students determine what to major in and how to navigate their professional lives. You can also **use these tools to glean insights about potential hobbies**, especially for those “starting from square one,” Weiler says. If you’re a college graduate, connect with your university’s alumni center; sometimes, she notes, they make these assessments available for free. Or, you can pay a career counselor for access to one.



4. Keep a list



Hanselman and her partner keep a running list on their fridge of all the things that strike them as interesting. “Maybe a month from now I’ll be like, ‘Butterfly garden. Why did I think that was a good idea?’ Or it might be just the right time for it,” she says. **Log potential interests as they come to you**, and you’ll have no shortage of options to explore when you’re ready.

5. Remove guilt from the equation

Zawadzki’s research indicates that when people feel guilty about spending time on leisure activities, they experience more symptoms of depression and anxiety. **“Give yourself permission to do something that you like,”** he urges—and keep in mind that if a hobby makes you healthier and happier, everyone around you will benefit.



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Defending French Open champion Iga Swiatek plays for more than titles

BY SEAN GREGORY

WHEN IGA SWIATEK, THE WORLD'S TOP-ranked women's tennis player, travels to tournaments around the globe, her bag is filled with the usual accoutrements of superstars in her sport: racket, wardrobe, Legos. OK, Swiatek is likely the only three-time major winner toting around tiny plastic bricks. During the pandemic, Swiatek began toying with Legos; she finds the process of building the Disney World castle, or a Porsche, or the International Space Station relaxing.

Her habit isn't kid's play. Swiatek, the Poland native who has held the No. 1 ranking for more than a year, has expertly approached tennis from all angles, combining psychological training—her shrink introduced her to Legos—biomechanical expertise, and a fierce forehand to ascend to the top of her game. Swiatek earned a pair of Grand Slam titles—the French Open and U.S. Open—in 2022, at one point winning an incredible 37 consecutive matches over a 135-day stretch from mid-February through early July. At the same time, Swiatek has found her voice off the court, emerging as an advocate for mental health and a voice for Ukrainian players on tour, who are competing while their homeland remains under Russian siege.

“She’s a leader that doesn’t yell at the top of a mountain,” says 18-time Grand Slam winner Chris Evert. “She’s more soft-spoken. Yet when Iga speaks, people will listen.”

With Serena Williams having retired from tennis, the sport is searching for its next generational star. Swiatek has won two of the past three French Opens, and she’ll enter this year’s Roland Garros, which begins in late May, as a strong favorite. Here’s another chance for Swiatek to stake her claim as the player to reckon with this decade. “You can’t find anyone who moves better, who has a better forehand, and who’s been mentally tougher in the last 14 months than Iga,” says tennis broadcaster Pam Shriver, a former tour player. “She’s a little bit of a throwback, old-school No. 1 player.”

SWIATEK STARTED PLAYING TENNIS at around 6 or 7. “I always had a lot of energy,” she says. “So I needed something to kind of waste it on. But it wasn’t a waste.”

Her father Tomasz was an Olympic rower who competed for Poland at the 1988 Olympics



^
World
No. 1 Swiatek,
photographed in
Miami Gardens,
Fla., in March

The TIME100 Leadership Series, presented in partnership with Rolex, profiles members of the TIME100 community—the world's most influential people. For video conversations and more, visit time.com/leaders

in Seoul. Her mother Dorota is an orthodontist. Tomasz steered Iga and her older sister into individual sports, so they had a better chance of controlling their own success. Swiatek enjoyed soccer when she was young, but tennis better fit her personality. “I’m an individualist,” says Swiatek. “I want to have full control. It would be annoying for me if I didn’t.”

The same year Swiatek began playing on the WTA Tour, 2019, she started working with sports psychologist Daria Abramowicz, a former competitive sailing athlete. Swiatek felt she needed more focus during her matches; all the time stops between points and games allowed her mind to wander. Now, mental training is central to her regimen.

Abramowicz combines digital and analog methods to optimize Swiatek’s performance. Swiatek will wear a



device on her ear that measures electrical activity in her brain. They work on visualization. And to give her brain a workout, Abramowicz will use flash cards and puzzles to test Swiatek's cognitive reaction time. To de-stress, Swiatek devours books. In early April, she started reading actor Matthew Perry's autobiography. "I heard it's really honest and interesting," she says. Abramowicz suggested the Legos.

In October 2021, in honor of World Mental Health Day, Swiatek announced she'd donate \$50,000 of her third-round prize money at the Indian Wells tournament to mental-health charities in Poland. She made a similar donation—more than \$56,000—last year, at a tournament in the Czech Republic. "I realized how easier our lives could be if we work a little bit on ourselves," she says.

Swiatek still wears a ribbon on her

SWIATEK BY THE NUMBERS

\$16+
MILLION

Career prize money won

56

Weeks she has held the world No. 1 ranking

3

Career major singles titles (2020 French Open, 2022 French Open, 2022 U.S. Open)

37

Consecutive matches won from February to July 2022—tied for the longest winning streak since Steffi Graf won 66 matches in a row during 1989 and 1990

135

Number of days in 2022 she remained unbeaten

cap supporting Ukraine, which shares a border with Poland. Other players stopped wearing them last year. "I didn't really get that," says Swiatek. "The memory of our society is short sometimes." In July 2022 Swiatek organized a charity match for Ukraine in Krakow: the event raised some \$500,000, which was distributed to three nonprofits providing aid in Ukraine.

As the war has dragged on, tensions have mounted. Ukrainian player Lesia Tsurenko withdrew from a match at the Indian Wells tournament in March, citing a panic attack. Tsurenko had talked to WTA president Steve Simon, and felt Simon was not prioritizing the well-being of players from her country. (The WTA said in a statement, in part, that the organization "has consistently reflected our full support for Ukraine and strongly condemn the actions that have been brought forth by the Russian government.") At Indian Wells, Swiatek criticized a Russian player for walking out to a match wearing the jersey of a Russian pro soccer club.

"Players from Ukraine are carrying a lot of baggage on their shoulders," Swiatek says. "And sometimes I feel like the WTA was focusing on being fair to all the players, in terms of allowing Russian and Belarusian players. Suddenly, in that discussion, we forgot about helping Ukrainians a little bit." Swiatek says she's been talking to WTA leadership about this sensitive matter. "It's a war," says Swiatek. "And you can't get anybody happy unless the war is going to stop."

SWIATEK'S TEAM PAYS careful attention to both her physical and mental health. She badly wanted to compete at last season's Madrid Open, for example. But she had a nagging shoulder injury, and physiological data taken by her strength coach, Maciej Ryszczuk, showed that her power metrics were dropping. It was an ideal time for a rest. Swiatek sat out Madrid—and won her next two clay-court tournaments, including the French.

She's currently taking the same measured approach. Swiatek skipped the Miami tournament in March with a rib injury, so she can be fresher for the clay-court season. Back in 2016, as a junior player, she made her first trip to Roland Garros, the only Grand Slam on clay. That moment inspired her. "It's basically the place where I chose that I want to be a tennis player," Swiatek says. "I saw all these courts and tennis superstars just passing by. It just struck me that, 'Wow, maybe I have a chance to be there in the future and to live this life.'"

Before that trip, she viewed tennis as a task her father made her do. Now, she's set to win a third French Open title. Pack the Legos for Paris. □





Flight to safety

Evacuees gaze from the cargo hold of a Kenya Defense Forces plane that has just landed in Nairobi from nearby Sudan on April 24. The Sudanese capital, Khartoum, erupted nine days earlier in intense fighting led by rival generals, forcing embassies to evacuate and thousands to flee across borders to safety.

Photograph by Thomas Mukoya—Reuters
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The View

NATION

IT'S A MEAN, MEAN WORLD

BY STEPHANIE ZACHAREK

As a plot driver, the traumatic home invasion has long been a staple of both film pulp—movies like *Cape Fear*, *Death Wish*, and *John Wick*—and artier projects like Michael Haneke's *Funny Games* and Ari Aster's anxious new *Beau Is Afraid*. All play into our collective fears of lawless hooligans invading our personal space. But a plot device, as every sane person knows, is simply a tool for the creation of fantasy. ▶

INSIDE

CHINA'S RISKY PLAN
IN THE SOUTH POLE

WRITING WHILE
BATHING THE KIDS

AMERICANS ARE
DYING YOUNGER

In the space of three days, two individuals more than a thousand miles apart kicked back against innocent young people who, they apparently were convinced, posed a threat to their safety. On April 13, in Kansas City, Mo., 84-year-old Andrew Lester, who is white, shot and seriously wounded 16-year-old Ralph Yarl, who is Black, after the teen mistakenly stopped at the wrong house, looking to pick up his twin brothers. In Hebron, N.Y., on April 15, 65-year-old Kevin Monahan shot and killed 20-year-old Kaylin Gillis, a passenger in one of three vehicles that had mistakenly driven up the winding quarter-mile driveway leading to Monahan's house in a remote wooded area.

These incidents are a warped reflection of a mental state we've seen over and over again in fiction: not the castle-protecting knight, but the paranoid loner, certain the world is a more dangerous place than it really is, who spontaneously defends his turf with the gun he just happens to have in his possession. These types have always been with us, but the 21st century has brought us a new variation. Many fears of a civilization gone mad—particularly when those fears are of a nation of white people under attack—have been stoked by fantasy factories masquerading as news organizations.

In a CNN interview, Andrew Lester's grandson described his grandfather as a racist Fox News obsessive, adding that he believes Lester's views are common among a certain type of older white Christian male. And sure enough, the ballad of the beleaguered white man has been for years the interminable drum solo of the network's most popular pundit, Tucker Carlson, who was ousted on April 24.

Just how unsafe is the world, exactly? And how does that reality mesh with the public's perception? In the 1970s, communications professor George Gerbner came up with the phrase *mean world syndrome* to explain how people's exposure to depictions of violence in the media can lead them to perceive reality as more dangerous than it is.

Violent crime was indeed rising when Gerbner coined the term. But in the 1990s, both homicides and



In Kansas City, Mo., people gather on April 18 to support Ralph Yarl

property-crime rates began to decline steadily, and even with a slight uptick in 2020, those rates have not risen significantly. Still, many people in the U.S. have reinvented the country as their own private Gotham City, overrun with villains who might show up on their doorstep at any time. In March, 54% of Americans told Gallup they personally worry “a great deal” about crime and violence. An additional 29% worried “a fair amount.”

THERE ARE SHREDS of fact within the fictions. More people ages 50 or older are living alone in the U.S. than ever before—nearly 26 million, up from 15 million in 2000. Not everyone living by themselves, and not every aged person, experiences an increase in feelings of isolation and fear. But anxiety can increase with age, and it's easier than ever to envision a nation of elderly people confining themselves to their homes, believing that the violence reported on television is the reality that may come to their door.

In New York, Kevin Monahan's lawyer claimed that the vehicles containing Gillis and her friends had raced up Monahan's driveway noisily, which “certainly caused some level of alarm to an elderly gentleman who had an

elderly wife.” Aside from the question of whether 65 is elderly, going forward, we're likely to see more Andrew Lesters and Kevin Monahans than fewer.

Thus a country that has, for good reason, become fixated on the escalation of mass shootings now has something new to worry about: the crime-rate-obsessed fantasist who owns at least one firearm, in a nation with more guns than people. It turns out that the crimes made up by movie and TV writers aren't nearly as vivid and suggestive as the ones far too many people have been led to believe are going on right outside.

The idea that movie violence causes real-life violence is one of those perfectly prepackaged, unprovable theories that feels so true many have come to believe it is. But movies are now more than 130 years old, and we've had a lot of time to think about how they affect us as a society. Guns in movies are inevitable: even if Chekhov's gun was intended as a metaphor, he also knew the dramatic effect of firing one. But at least the entertainment industry knows where guns belong; it's people who don't. And no matter where or how people are getting the wrong idea, their invented reality is the real danger. □

THE RISK REPORT BY IAN BREMMER

China's ambiguous plans at the bottom of the world



THE ANTARCTIC Treaty, signed at the height of the Cold War in 1959, stipulated that the southern continent could not be used for military purposes, but it encouraged scientific research. Today, rapid technological advances have changed the game. There are information-gathering tools now available that can be used for either scientific or military purposes. These dual-use technologies are at the heart of a growing controversy over China's Antarctic intentions.

China already has four research bases on Antarctica, but it is now accelerating construction work on a fifth, at a place called Inexpressible Island. When it's finished, this site will include a satellite ground station that could be used for scientific communication. But it could also be used for espionage. In particular, it could eavesdrop on the governments of Australia and New Zealand, two members of the so-called Five Eyes intelligence-sharing alliance with the U.S., Britain, and Canada.

The U.S., the U.K., South Korea, and others also have research facilities in the Antarctic region, but this latest construction comes at a time when some in the West are scrutinizing every major Chinese project for security threats.

The historical context complicates things even further. China was not one of the dozen countries that signed the 1959

treaty, and when it tried to add its signature in 1981, it was blocked on the grounds that it had not invested enough in Antarctic research. China finally joined in 1983 and began construction on its first Antarctic research site a year later. Its current projects will allow Beijing to argue that it now makes a major contribution to scientific understanding of the South Pole and deserves a voice in negotiating future agreements that might include mining for minerals on the continent, a highly controversial subject.

IN FACT, THIS UNDERLINES many of the tension points in today's deteriorating U.S.-Chinese relations. Beijing feels that it's unfair it might be excluded from opportunities, and that it has a right to make important scientific contributions. The U.S. and its allies point to the higher level of secrecy that shrouds China's

China's latest plan for the South Pole has raised new suspicions

government and military, its aggressive military actions in the South China Sea and other parts of Asia, and its support for Vladimir Putin's Russia. And while both these interpretations may have merit, there may not be enough trust between them to untangle this knot.

The authors of the 1959 Antarctic Treaty hoped their agreement would ensure that at least one region remained free of competition and conflict. We're still a long way from worst-case scenarios, but, fairly or not, China's latest plan for the South Pole has raised new suspicions. □

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Climate Is Everything

By Aryn Baker

SENIOR CORRESPONDENT

Italy's new far-right government on March 27 proposed the world's first national ban on cultivated meat. Never mind the fact that lab-grown meat is a nascent technology, years, if not decades, away from mass-market availability. The gastro-nationalist sop may appeal to the agricultural vote in one food-obsessed country, but if passed, it could end up exacerbating the bigger threat to Italy's food system: climate change.

Animal agriculture is responsible for 14% of global carbon emissions. But asking citizens to stop eating meat is a political dead end, no matter the country. Meat alternatives could offer a better solution. **Research shows cultivated meat emits up to 92% less emissions than conventional beef production while using up to 90% less land**—freeing up space for more-sustainable farming practices. It also requires less water, leaving more for drought-stricken crops. Banning cultivated meat before the industry even gets going risks curtailing research into sustainable food sources when it is most vital, says Alice Ravenscroft, the European policy head for the Good Food Institute, an alternative-protein advocacy group.

More-sustainable farming practices and diets are needed. But asking for radical change is less politically palatable than vilifying solutions. Cultivated meat is only one of several answers to the question of how we feed the world on a warming planet. Innovators will have to work hand in hand with traditionalists to solve for sustainability. This is not the time to favor one over the other in pursuit of political gain.



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The D.C. Brief

By Philip Elliott

WASHINGTON CORRESPONDENT

A WEEK AFTER THE MIDTERM ELECTIONS, Republican Senator Josh Hawley of Missouri offered a cold—but probably correct—diagnosis of the wreckage facing his party. Working-class, independent voters who had previously cast ballots for Barack Obama and Donald Trump had stayed home, thwarting the GOP's hopes of a broad House majority and a narrow one in the Senate.

"Clearly, this party is going to have to actually be different or we are not going to be a majority party in this country," Hawley said.

It was a bold statement considering the slim majority Republicans had secured in the House. But it went unheeded. Instead of correcting course, House Speaker Kevin McCarthy and his fellow **Republicans have been pushing an agenda that serves the party's loudest voices cheering for conflict, but not its pursuit of a stable, predictable governing majority.**

While the fundamentals should suggest Republican success just on the horizon, GOP leaders are presenting themselves to voters at every turn in the least palatable way.

Just consider the messages coming from House Republicans of late. McCarthy traveled to the beating heart of the global economy—Wall Street—to demand deep cuts in government

spending in exchange for a vote that would let the government pay bills already accrued. Meanwhile, his fellow House Republicans gathered nearby in lower Manhattan, employing dodgy crime stats at a show-trial-esque hearing aimed at discrediting Manhattan District Attorney Alvin Bragg, who is prosecuting a felony fraud case against former President Donald Trump.

Not to be too blunt, but neither of these headlines seem geared toward a Hawleyan reboot of the Republican Party. Spite can be fun, but it isn't a policy, and the polling backs up that skepticism.

The tone-deaf messaging is not exclusive to the House. Florida Governor Ron DeSantis—perhaps the most serious potential challenger to Trump's renomination—signed a ban on abortions after six weeks during a private ceremony, and followed that days later by threatening to build a prison next to the spot many families regard as the happiest place on earth. Florida's abortion ban comes

'This election was the funeral for the Republican Party as we know it.'

—SENATOR JOSH HAWLEY, R., MO.



House Speaker McCarthy, left,
and Florida Governor DeSantis

in the wake of stunning upsets in Wisconsin and Kansas, where voters rejected tighter abortion limits. The culture wars in general have left parents exhausted, and the coordinated anti-trans-rights campaigns may work with the party's base but do little to help expand the GOP tent.

Meanwhile, in the Senate, Republicans are showing their appetite for partisan gamesmanship at all costs. Senator Dianne Feinstein, the groundbreaking California lawmaker who is retiring at the end of this term, has been absent from Washington since being hospitalized in February for shingles. Feinstein's absence has left Democrats in something of a limbo, given Senate rules, and incapable of doing one of the few things they can get done with a GOP-controlled House, which is to confirm judges. Reluctantly, Feinstein asked to be temporarily removed from the Judiciary Committee so another Democrat could serve. Republicans blocked that effort, and may pull the same move if Feinstein resigns altogether and Democrats try again to fill her seat on the committee. (There is precedent for denying lawmakers' requests to change committees, dating back to 1891.) While this is a fight mostly being consumed in Washington, the decision by Senate Republicans to employ hardball tactics more in league with their House brethren further signals to those in the political middle about the party's goals, and governing isn't on the list.

Put plainly, Republicans seem to be chasing political duds in order to placate the party's fringes. That formula fails to win over swing voters. It's a performative version of conservatism that may feel fun in the moment, but it's no substitute for winning those middle-of-the-road voters.



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How Jenny Jackson wrote a best-selling novel while her kids were in the bath

BY CHARLOTTE ALTER

Two decades ago, Jenny Jackson put aside her own writing dreams to become a book editor—but now her debut novel, Pineapple Street, is a New York Times best seller and a Good Morning America book-club pick, and has already been optioned for TV. The wildest part? She wrote it in four months, while holding down her job and raising a 2-year-old and a 5-year-old. She also managed to talk to TIME as part of our series on how parenting shapes the people who shape the world; find more at time.com/parent-files

You've said that writing a novel was something you thought was out of the question for you, given your career as an editor. How did adding motherhood on top of that affect your perception of what was possible?

For some reason, having kids made me realize that my job was really solid. And I didn't need to operate every single day like I was fighting for my career. Once I realized that I might have a little flexibility, then that sort of just gave me a longer leash to run. Writing the book came from a place of not feeling so afraid.

Can you tell me a little bit about how the writing actually happened? My husband picked up so much slack for me. I think it's really rare for people to have the true 50-50. I have better than the true 50-50; I have the 60-40, and I'm the 40. In terms of the daily nuts and bolts of it, I was just waking up disgustingly early—4:30 or 5:00 a.m.—and writing in my pajamas. I would just sit there and caffeinate. And then my children would sleepily emerge from the bedroom at like 6:45. And I was not ready to stop, so I would turn on cartoons. And we got to the point where I would give one child the iPad and one child the television remote. And then I'd give them granola bars when they were hungry.

At 8:30, my husband, who is not a morning person, would come to life. And we would assess the situation and be like: How rotten are their brains? How rotten are their teeth? Alright, let's turn off all the devices, we're going to try and eat some fruit and some yogurt. And so I'd parent for a bit and then get them off to school. And I would go for a run and think about the plot and the structure and mechanics, and then come home, brain dump onto the computer. And then shower, get changed, and do my real job. In the evenings, I would join the kids for dinner, and then put them in the bathtub. And while the kids were in the bath, I'd pour myself a huge glass of wine, and sit on the closed toilet lid with my laptop and write. As long as the water

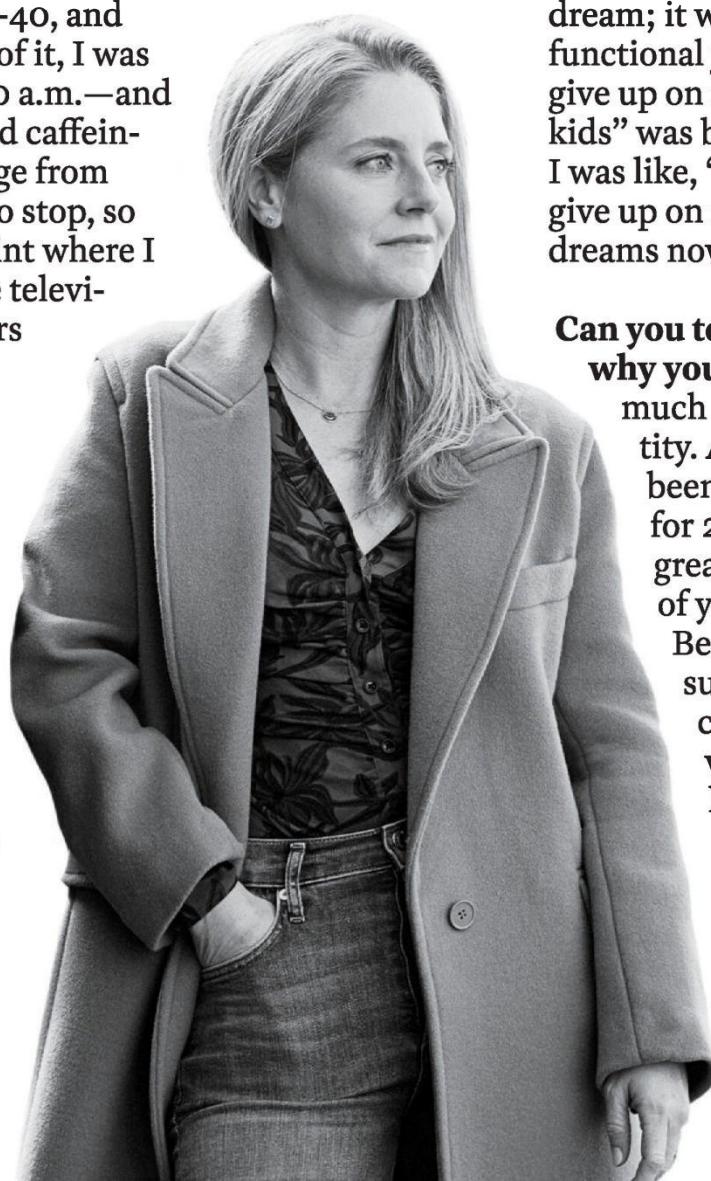
stayed warmish, they were pretty much happy to stay in the bath for an hour. I did lots of writing with my children sitting really near me, only very passively parenting.

The fact that you wrote this novel with an almost-2-year-old in the same room with you is astonishing to me. He would occasionally ask to sit on my lap and type.

Many people feel as if there are things that they've always wanted to do, but then they have a career and young kids, and they think, Well, now I'm never going to get to do that thing. Did you ever think that? When I had my daughter, I didn't understand at the time that I was dealing with extreme postpartum anxiety. It was the constant fear of my child dying, and it was really dark and terrible, but I was too in it to understand that that's what was going on. Instead, I just felt like I had to quit my job. I couldn't go to work, I couldn't talk to people, I couldn't leave my apartment. I was pretty messed up. And so in a funny way, having children wasn't going to interfere with my dream; it was just interfering with my functional job. So "I'm gonna have to give up on my dreams now that I have kids" was backwards for me. Instead, I was like, "Oh, I'm gonna have to give up on my career and pursue my dreams now that I have kids."

Can you tell me a bit more about why you felt that way? I think so much of it comes down to identity. And being a book editor has been a huge part of my identity for 20 years. It's probably not great long-term to rest 100% of your identity on anything. Being a mom meant all of a sudden, half my identity became motherhood. So it's very freeing to feel like, Oh, hey, I don't have all my eggs in that one basket anymore. Even if, God forbid, things go off the rails, I'm a mother, and in the eyes of most people, that's kind of plenty now. □

'I'd pour myself a glass of wine, and sit on the closed toilet lid with my laptop and write.'





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Self-esteem project

NATION

America's life-expectancy map

BY JEREMY NEY

THE AVERAGE U.S. LIFE EXPECTANCY HAS HIT ITS worst decline in 100 years, and America's standing is dismal among peer nations. But the average obscures a more complex story. The U.S. is facing the greatest divide in life expectancy across regions in the past 40 years. Research from American Inequality found that Americans born in certain areas of Mississippi and Florida may die 20 years younger than their peers born in parts of Colorado and California.

The decline is not occurring equally throughout the country. In the land of opportunity, millions of people are not even given a fair shot at life.

America is unique among wealthy countries when it comes to how young its people die, and the trend is only getting worse. From 2019 to 2021, U.S. life expectancy declined by almost two years, according to the Centers for Disease Control and Prevention (CDC), the worst two-year decline since 1921 to 1923. When COVID-19 hit, America experienced a larger decline in life expectancy than any other wealthy country. Life expectancy in the U.S. is now 76 years.

What is driving the differences in who lives and who dies in America?

State policies tremendously influence life expectancy. Income support, Medicaid expansion, stronger gun control, drug-overdose prevention, and safe abortion access are among the drivers of regional divides in life expectancy. Overdoses kill more than 100,000 people each year. Guns kill more people than cars do. Digging into communities also sheds light on even more fundamental American divides.

American Inequality's research has found a high correlation between household income and life expectancy. Income is a major driver of higher life expectancies. In the wealthiest places like Aspen, Colo., and Santa Clara, Calif., median household incomes reach the hundreds of thousands of dollars and residents live to 87 on average, the highest in the country. But in poorer places like Owsley County, Kentucky, and Union County, Florida, the median household income is \$35,000 and life expectancy floats around 67 on average, the lowest in the country.

Poverty in America is not about income alone. Low-income communities, regardless of state, are more likely to struggle with access to affordable health care; they are more likely to live near toxic sites and to develop lung cancer; they are more likely to live in food deserts and to wrestle with illnesses like heart disease and obesity; and they are more likely to die younger from drug overdoses.

Demographics also have a huge influence, as Black Americans in every state have lower life expectancies than their

DIFFERENT LIVES

There are huge gaps in life expectancy across the country

AVERAGE AGE AT DEATH

66.8 86.8

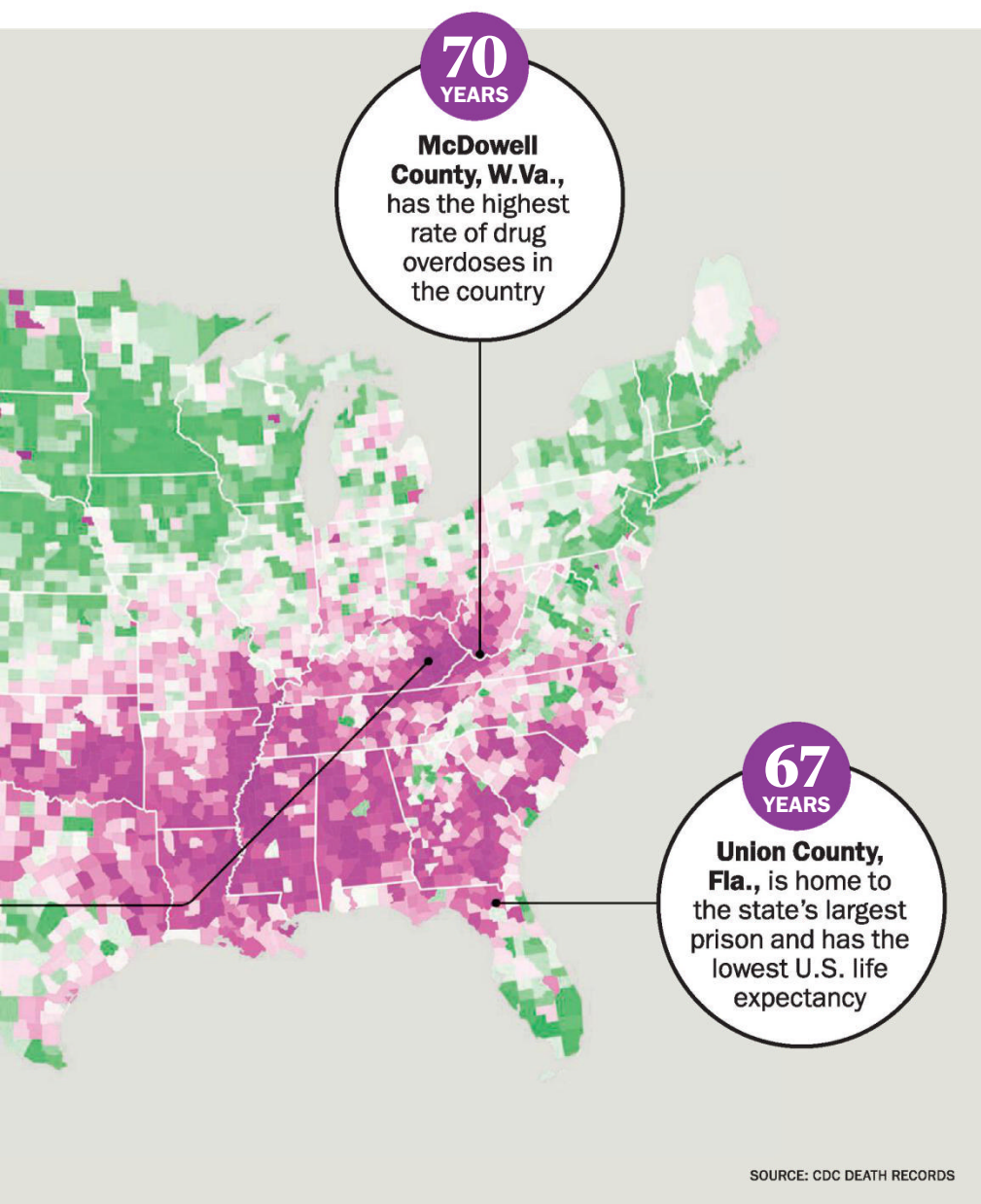


white peers by five years on average. This is largely because of the lower-quality care Black communities receive for conditions like cancer, heart problems, and pneumonia, as well as for pain management, prenatal and maternal health, and overall preventive health.

Thomas McGuire, professor of health economics at Harvard Medical School, explained, "In terms of health, there's approximately a five-year penalty for being African American compared to being a White male."

Pemiscot County, Missouri, represents this gap most clearly, as it has one of the lowest Black life expectancies in America. In Pemiscot, Black residents die at 64 on average, effectively meaning that they will work until they die. One in 4 county residents is Black. Pemiscot has one public hospital, which almost closed in 2013, and it's one of the poorest counties in Missouri.

GEOGRAPHY MAY LOOK like destiny: States in the Deep South have lower life expectancies than states north of the Mason-Dixon Line. But there appear to be specific factors at play.



of the poorest states in America, with the lowest life expectancy, are still refusing to expand Medicaid even though the federal government would cover the bulk of the cost.” Individuals in turn are at the mercy of policies that differ state to state.

3 GUN CONTROL Stronger gun-control measures in states also improve life expectancy. The South, which has some of the most lenient gun-control measures, lost 5.7 million years of life expectancy from 2009 to 2018 because of firearm-related deaths. Conversely, Northeastern states, which tend to have much stronger gun-control measures like background checks and secure-storage laws, had one-fifth the loss in life expectancy. Guns are now the No. 1 killer of children in America, and 1 in 25 American 5-year-olds now won’t live to see 40, largely because of guns. If we stopped these deaths, it would effectively add three years of lifetime to every 5-year-old in the South.

4 DRUG-OVERDOSE PREVENTION States that introduced policies to prevent drug-overdose deaths saw life expectancies increase by 11%. The CDC estimates that half of all the unintentional deaths last year that took people’s lives too early were attributed to drug overdoses. The Food and Drug Administration (FDA) recently approved Naloxone to be sold over the counter at pharmacies, which could help close the state-to-state gap. In the meantime, McDowell County, West Virginia, has one of the lowest life expectancies in the country and has the highest rate of opioid overdoses in the country.

5 ABORTION ACCESS Lastly, while the data has not fully revealed the impact of the Supreme Court’s ruling in *Dobbs v. Jackson*, this decision may drive further divides in life expectancy for Southern states that have in turn limited abortion access. Arkansas has a maternal mortality rate that is 50% higher than the national average. In Mississippi, because of poor health care, it is 75 times more dangerous for women to carry a pregnancy to term than to have an abortion. Mississippi has the lowest life expectancy in America at 71. Causing more women to carry a pregnancy to term may increase deaths of mothers in their 20s to 40s.

The 20-year gap in life expectancy across regions tells the story of America. The divide is deeply interwoven with health care, housing, race, gender, location, education, and more. But improving life expectancy across regions is possible, and it starts with state legislatures. States can learn from one another about what has worked best and implement new policies with proven effectiveness. Data will be the driving force for finding patterns of inequality and leading changemakers toward solutions that engender equality.

Ney is the author of American Inequality

1 EXPANDING THE EITC AND CTC More money means more time alive, and certain programs that put cash directly into low-income homes have improved life expectancy. The Earned Income Tax Credit (EITC) and the Child Tax Credit (CTC) have been among America’s most successful federal poverty-alleviation programs. Eleven states have enacted their own CTC programs and 31 states have implemented their own EITC programs, putting more cash into the most needy homes. Residents of states that have adopted both the EITC and CTC tend to live two years longer than states that have implemented neither. This may even be more cost-effective at increasing life expectancy than many other policies. These programs are designed to support children too.

2 MEDICAID EXPANSION States that expanded Medicaid saved more than 200 lives per every 100,000 people and decreased the risk of premature death by roughly 50% for older adults who gained coverage. As Nobel Prize-winning economist Paul Krugman has explained, “Some

Guns are the No. 1 killer of children in America

NATION

A R S E N A L *of* **D E M**



ARTILLERY SHELLS
ARE DUNKED INTO A
SCALDING OIL BATH
AT A SCRANTON, PA.,
PRODUCTION PLANT

O C R A C Y

The race to arm Ukraine
By W.J. Hennigan/Scott Air Force Base, Ill.

PHOTOGRAPH BY VINCENT TULLO FOR TIME

**Squinting at his computer
through wire-rimmed glasses,
Greg Hartl monitors an unmarked
18-wheeler as it cuts through
the American heartland.**

Data from the truck's satellite tracking devices stream into his windowless command center at Scott Air Force Base, about 20 miles east of St. Louis, showing Hartl each stop the driver makes and the weather and road conditions ahead. Most important, as the driver navigates rush-hour traffic and stretches of interstate alongside unknowing travelers, Hartl can track the condition of the volatile cargo: hundreds of high-explosive 155-mm artillery shells bound for Ukraine.

The race to supply Ukraine with the weapons it needs to win the war against Russia unfolds on Hartl's glowing screen at U.S. Transportation Command (TRANSCOM) headquarters. As a branch chief with the Army's Defense Transportation Tracking System, he watches each day as scores of trucks crisscross American highways, hauling antitank missiles, rocket launchers, air-defense systems, and artillery shells to air and naval bases. If a truck deviates from its route, or a bathroom break runs suspiciously long, Hartl is notified within seconds. "We have all sorts of alerts built in for high-risk shipments," he says, stroking a graying, chest-length beard. "If they're stationary for too long, we'll get an alert. If the trailers become untethered, we'll get an alert. If the trailer door opens, and it's not supposed to, we'll get an alert."

Nothing quite like this ever has taken place before. For the first time, a country that's outmanned and outgunned by a much larger invading foe is being openly armed and trained almost entirely by its allies. The Pentagon says the Ukraine supply mission is the largest authorized transfer of arms in history from the U.S. military to a foreign nation. More than 1,400 trucks, 230 planes, and 11 cargo ships ferried arms to Ukraine in the first four months of this year alone.

To understand how the U.S. and its allies are delivering this arsenal, TIME spent months speaking with dozens of people in the U.S. and Europe involved in planning, manufacturing, and distributing military aid for Ukraine. Those conversations, as well as visits to three states and three countries to observe different elements of the effort, revealed an operation that has overcome many of the challenges posed by supply-chain issues, diminished manufacturing capabilities, and international logistics to get Ukraine what it needs. But it remains an open question whether the mission can be executed quickly enough to ensure success on the battlefield.

Drawn-out decisionmaking processes in Washington and European capitals have slowed supplies. U.S. intelligence assessments released among the hundreds of classified documents leaked in April describe alarming shortcomings in Ukraine's weapon stockpiles. Interceptors for some air-defense systems are due to run out by May, while the Ukrainian army's position in the besieged eastern city of Bakhmut was deemed



"catastrophic" amid Russian artillery bombardment. The disclosures confirm much of what President Volodymyr Zelensky and other Ukrainian officials have said for more than a year: their forces need more of everything, and fast.

The price tag for delivering it is staggeringly high. U.S. taxpayers have spent \$35.4 billion on security aid for Ukraine since Russia invaded on Feb. 24, 2022—more than \$3 million per hour. Some Republicans are asking how long that spending can continue. Strategic costs can't be ignored, either. U.S. supply missions to the Pacific, the Middle East, or other parts of the globe are sometimes rescheduled because of the priority given to Ukraine, the military admits. "What's challenging right now is just the volume of requirements, including the surge of requirements in Ukraine," says Major General Laura Lenderman, director of TRANSCOM's operations. "We'll sustain the effort. But there is risk."

The supply mission is now at a critical moment. After blunting a Russian push over the winter, the Ukrainian military is on the cusp of launching a counteroffensive against occupying forces. The American-made arsenal must reach the Ukrainians' hands well in advance. If Ukraine can reclaim Russian-held territory, then its army could try to sever Russia's land bridge to Crimea, setting optimal conditions for cease-fire



negotiations. But if the counteroffensive sputters, opposition to indefinitely supporting the Ukrainians could intensify. The Biden Administration believes what happens in the coming months could shape the outcome of the war, and potentially the future of Europe itself.

INSIDE TRANSCOM'S Global Operations Center, six large flat screens display real-time information and maps showing the status of the day's deliveries. It has the air of an immense theater with contractors, civilian analysts, and uniformed service members seated in rows. Information funneling nonstop into the encrypted computer network emerges as flowcharts, logistics models, and statistics for leaders to scrutinize. Decisions made in this room often have a domino effect on supply movements across the world.

Each evaluation depends on a range of information: inventories, supply systems, dates of deliveries, and consumption rates. The U.S. has deep and wide-ranging knowledge about the state of Ukraine's military through daily information sharing. An internal Defense Department application, dubbed ADVANA, contains algorithms that map out logistics and calculate munitions rates, so the U.S. and allies can stay ahead of Ukraine's needs. And among the most pressing issues throughout the war has been artillery supplies.

▲
DELIVERIES
TO UKRAINE
ARE TRACKED
AT TRANSCOM
HEADQUARTERS
NEAR ST. LOUIS

The U.S. spent the past two decades fighting wars with weapons enabled via information-age technology—satellites, sensors, and computer chips. The conflict in Ukraine more closely resembles the grinding trench warfare along the western front in World War I. It is fought largely in artillery duels, each side pounding the other with shells over long distances. Ukrainian artillery units face a deep disadvantage as the number of 152-mm shells for its aging Soviet-era artillery pieces has dwindled. The U.S. and European allies have provided Ukraine with newer 155-mm guns and shells, but it still isn't enough. The Ukrainians have so few artillery shells that they're rationing them, according to a letter Ukrainian Defense Minister Oleksii Reznikov wrote to European Union members in March. Reznikov's forces fire around 3,000 rounds a day, he said, while the Russians fire four times as many.

Even so, Kyiv's artillery consumption rate far outstrips American manufacturing capacity. The U.S. military has raided existing artillery stocks in Germany, South Korea, and Israel to keep up with Ukrainian demand. In all, the Biden Administration has already sent more than 1 million of the shells to Ukraine. "We're about at the end of our stock of what we can send," a senior U.S. defense official tells *TIME*. Allies in Europe have leaped to Ukraine's defense as well. Two weeks after Reznikov's letter, the E.U. announced a \$2 billion deal to loot its own arsenals and send 1 million artillery shells over the next 12 months.

At the same time, the U.S. is revitalizing Cold War-era industrial facilities to produce weapons. "We haven't seen production numbers like this in decades," says Mark Cancian, a retired Marine

colonel who's now a senior adviser at the Center for Strategic and International Studies. "Changes like this have long-lasting effects." Biden has invoked authorities under the Defense Production Act four times to mobilize U.S. private-production capacity for ammunition, missiles, and drones, while \$2 billion is being set aside to help expand and modernize manufacturing facilities.

The Scranton Army Ammunition Plant in Pennsylvania finds itself at the center of this transformation. The Army acquired the facility in 1951 after it had been abandoned for several years, and converted it to manufacture artillery shells during the Korean War. Back then, the U.S. had 86 military ammunition plants as part of an industrial mobilization designed to meet war-time needs. Now it has just five. Roughly 300 employees work around the clock, five days a week, across the 15-acre complex of red brick buildings, where steam locomotives were repaired a century ago. I AM A BOMB TECHNICIAN, reads a black T-shirt on a machine operator's chair. IF YOU SEE ME RUNNING TRY TO KEEP UP.

Batches of artillery rounds destined for the Ukrainian battlefield twist their way down a serpentine production line, through house-size furnaces heated to 2,000°F and industrial machinery that bends, stretches, and shapes the red-hot steel. "Don't touch it," warns Richard Hansen, who oversees manufacturing operations at the Scranton plant. "It won't just burn your hand. It will take it off—bone and everything."

Inundated by demand, the Pentagon doubled its production rate for 155-mm howitzer shells over the past year, from around 14,000 per month to 24,000 by year-end. It plans to hit 85,000 by 2028. “Speed is key,” Hansen says. Transforming a steel rod into an artillery shell takes about three days. But in peacetime, it could take several weeks before they’re loaded onto pallets and driven 10 hours away on a big rig to a plant in Iowa, where they’re filled with explosives and affixed with fusing—effectively converting them into oversize exploding bullets, ready to be fired from a howitzer.

IN THE RACE to get arms to Ukraine in time for the counteroffensive, every minute counts. Before the Russian invasion, it took four months for an approved \$60 million arms package to reach Ukraine because of the bureaucratic and logistic hurdles. Deliveries on a deal like that can now take just four weeks or less. To speed things up, Congress has relaxed constraints on how the Pentagon buys arms, while the U.S. military has come up with new ways to package and supply them. Simple alterations have gone a long way. Air Force personnel have rebuilt pallets to allow for more artillery rounds and rearranged howitzers to squeeze a few more inside a C-17’s cargo hull, saving flights and time in the process.

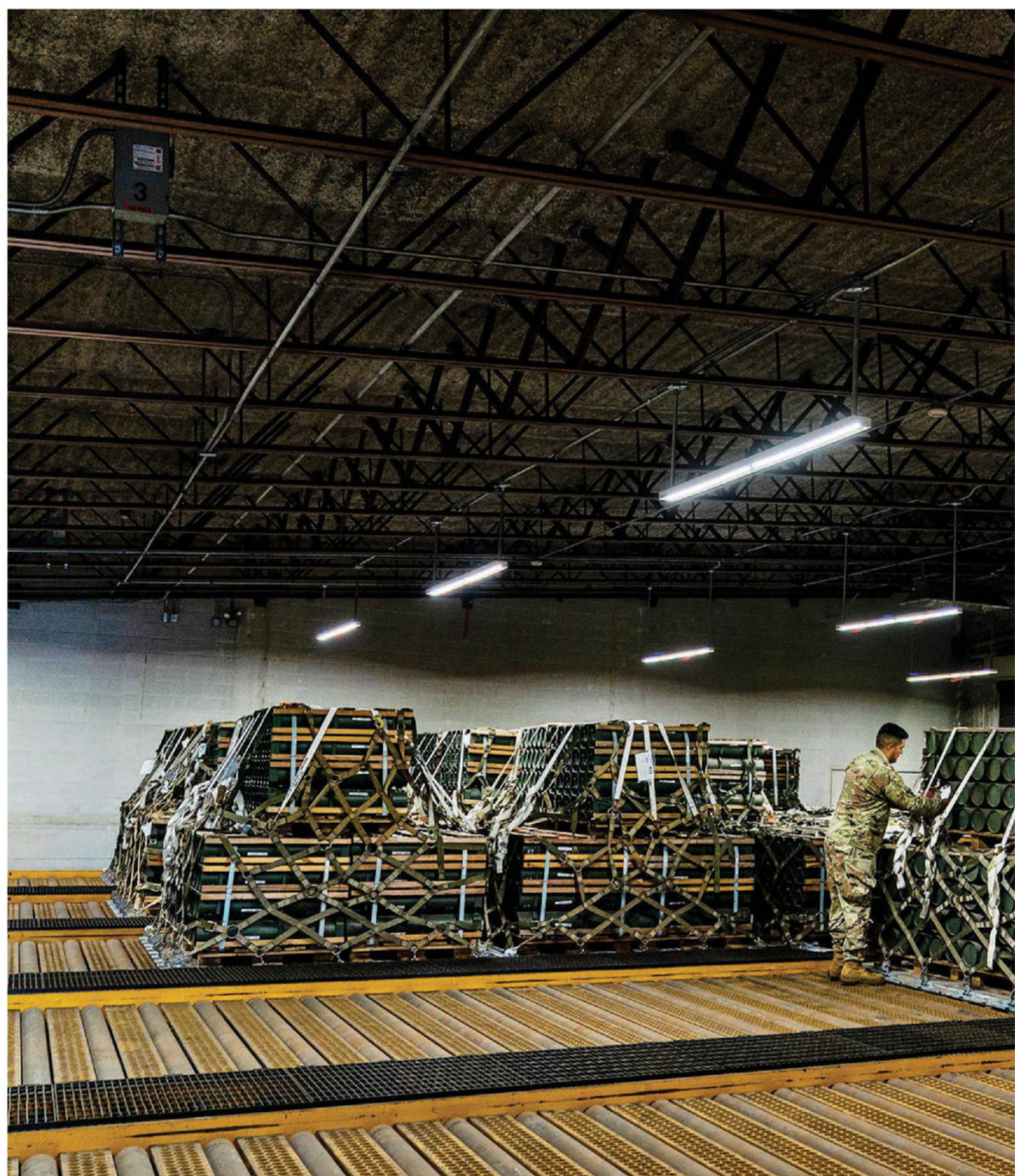
For three weeks last spring, the military compelled trucking companies to prioritize artillery deliveries rather than hauling commercial goods to their destinations. It created “safe havens” at bases throughout the Midwest where truckers could drop their trailers loaded with consumer goods like televisions, sofas, and household cleaners in favor of those filled with artillery shells drawn from seven military depots around the country.

At Delaware’s Dover Air Force Base, trucks were backed up for miles onto a nearby highway, waiting to be off-loaded. Local law enforcement had to guide commuter traffic around snarls of delivery trucks. Inside the base, troops work around the clock loading idling cargo planes. The cargo, stacked on pallets, bore stickers with a European destination—often in Germany or Poland—where it’s later off-loaded and driven to the Ukrainian border.

Getting supplies to Ukraine wasn’t always so challenging. For years, the U.S. flew weapons and equipment into Kyiv directly. But when the capital was besieged, and Russian missiles were falling across Ukraine, the military arranged to deliver arms through European allies. Within days, dozens of cargo planes were landing on airfields near the Ukrainian border, packed to the brim with weapons.

The hulking, four-engine C-17 jets are the quickest way to get weapons to Ukraine, but they’re costly and take resources from other missions around the globe. So once the first set of deliveries was done, contractors took over. Since then, about two-thirds of TRANSCOM’s 1,177 flights for Ukraine have been handled by seven commercial cargo carriers that fly into nearby European countries, at a total cost of around \$600 million. For deliveries that aren’t as time-sensitive, the arms are sent on cargo ships for a two-week trip from East Coast military terminals to seaports across the European continent.

▲
EQUIPMENT BOUND
FOR UKRAINE IS
READYED AT DOVER
AIR FORCE BASE
IN DELAWARE



ONCE IN EUROPE, a whole new set of logistical challenges kick in as the U.S. arms-supply effort merges with those of scores of other countries. Arriving at airfields and seaports, freight is off-loaded and put on trains or trucks by local stevedores. Deliveries are vulnerable to weather delays, along with factors unrelated to the battlefield. In July, a German dockworkers’ strike impacted the handling of container and cargo vessels in ports. In March, train stations across Germany came to a standstill when tens of thousands of rail workers held a 24-hour walkout.

“Fortunately, I wasn’t affected by it,” says U.S. General Jacqueline Van Ovost, who at the time of the initial Russian invasion was barely four months into her role as TRANSCOM commander. Specific routes into Ukraine change often and are kept secret out of fear of Russian attack; Western officials say the main supply lines run through Slovakia, Romania, and Poland, requiring substantial coordination with allies. “We need to make sure that it’s smooth, like a ballet,” says Van Ovost.

Using a so-called presidential drawdown authority, Biden can transfer weapons and equipment from U.S. stocks without congressional approval, which speeds deliveries. Van Ovost has embedded members of her command inside the



Pentagon and European headquarters to anticipate what will be on the President's delivery list before it's announced or signed. "Now I know about four weeks out what they're thinking," she says. "Initially, I was about 12 hours out."

Coordinating the 54 nations in the Ukraine Defense Contact Group is its own challenge. The U.S. convenes a planning meeting every month or so to determine what weapons each country can provide. In November, the military set up a headquarters wholly dedicated to supporting Ukraine at Clay Kaserne in Wiesbaden, Germany. "There's a daily dialogue between the U.S. team and the Ukrainian team on the ground," says Laura Cooper, Deputy Assistant Secretary of Defense for Russian, Ukrainian, and Eurasian affairs, who has emerged as a point person on the military-aid mission, working with a small team inside the Pentagon.

**'We haven't seen
production numbers
like this in decades.'**

—MARK CANCIAN, RETIRED MARINE COLONEL

Speaking to TIME on the sidelines of meetings between Defense Ministers at NATO headquarters in Brussels in February, Cooper described the work of the 54-country military-supply effort. Atop her agenda: a "priority list" based on the Ukrainian forces' battlefield needs and the potentially available weapons systems from the West. The top three items on the list were artillery, armor, and air defense. Under each of those was an itemized set of weapons that would meet Ukraine's needs. "We make sure that we are fielding [weapons] in time for the Ukrainians to make use of them on the battlefield in the coming months," Cooper says.

NOT EVERY ARTILLERY SHELL from foreign stocks will be used on the battlefield in Ukraine's coming counteroffensive. For months, Ukrainian forces have been firing them as part of their training for that assault. Russian forces hold some 20% of the country in the south and east, and have built three layers of defensive lines and antitank barriers running about 75 miles through eastern Zaporizhzhia province, British defense intelligence reported in April. Moscow expects a push on Melitopol, a key city that's vital to Russia's land bridge and critical supply lines stretching from the occupied regions of Donbas and Crimea.

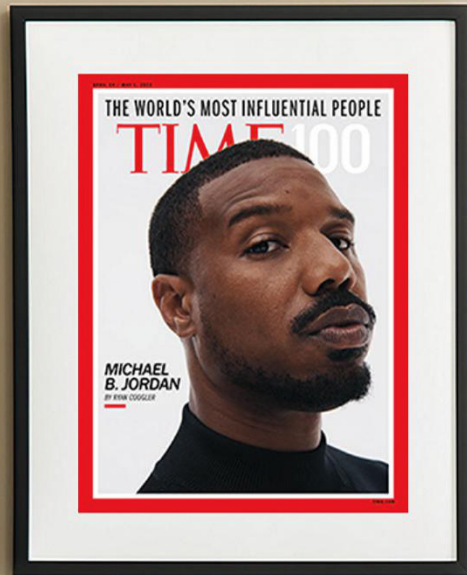
The U.S. and its allies have played a central role in preparing Ukraine's forces. About 4,600 Ukrainian soldiers have completed combat training, including two brigades equipped with American-made Bradley and Stryker vehicles. Ukrainian crews are in Germany learning to operate donated Leopard 2 tanks, and in Britain training on donated Challenger tanks. Ukraine has nine brigades made up of thousands of troops outfitted with new Western equipment, including 200 tanks, 152 artillery pieces, and 867 armored personnel carriers and fighting vehicles, according to one U.S. military assessment leaked online. All this hardware requires new tactics for Ukraine, which has followed Soviet-style sequential operations—barraging the enemy with artillery fire, then proceeding with a ground advance.

The new units are being trained in combined-arms techniques that synchronize artillery, armor, and infantry movements. Western artillery, rockets, missiles, drones, and other aid proved decisive in Kyiv's prior counteroffensive last August, when Russian forces were pushed from the northeastern Kharkiv region and parts of Kherson in the south. The achievement raised hopes that perhaps the Ukrainians could defeat the Russians altogether. In the months since, however, the conflict has devolved into a stalemate, with blood-soaked battles that yield casualties measured in the thousands.

In February, U.S. Defense Secretary Lloyd Austin walked among the new weapons and troops at Germany's sprawling Grafenwoehr base, the former site of Nazi training grounds, as the first class of 635 Ukrainian fighters drilled on artillery pieces and armored vehicles. The Ukrainians were two weeks into a five-week course, and Austin looked on as concussive, earth-shuddering blasts emanated from a M109 Paladin self-propelled howitzer. Ukrainian crewmen yanked olive-colored shells off the rack, loaded them into the firing chamber, and listened for the radio to crackle with another round of coordinates from a spotter miles away. Smoke billowed out of the barrel and drifted over the surrounding pine trees as the artillery shells whistled downrange toward the target area. With each shot, the blasts inched closer to the bull's-eye. The team fired again. Then again.

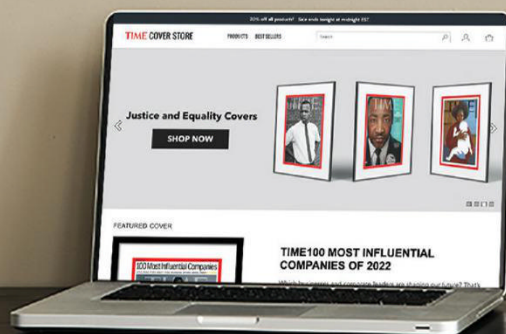
In the days ahead, this arsenal and these hard-earned skills may prove decisive in the counteroffensive. And when that battle begins on the eastern front, the fate of more than Ukraine may hang in the balance. —With reporting by JULIA ZORTHIAN □

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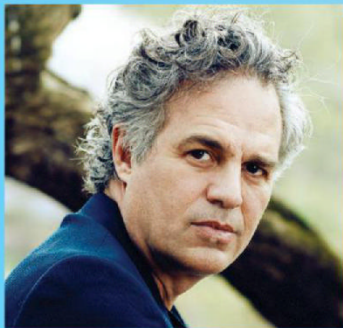


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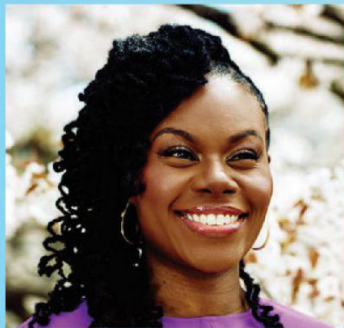
EARTH AWARDS

2 0 2 3

*Honoring individuals influencing the future
of the planet through their work on climate justice,
awareness, and activism*



RUFFALO



WALTON



JACKSON



NAKATE



GUTERRES

TIME'S MISSION IS TO TELL THE STORIES OF THE WORLD'S MOST INFLUENTIAL INDIVIDUALS AND to recognize their contributions to life on this planet. And there is perhaps no greater form of influence today than working to combat the climate crisis, an imperative that has long animated TIME's coverage of the problem. Last year TIME created TIME CO₂, a platform for climate action, and now, in partnership with it, is launching the Earth Awards to recognize leading figures in the most important work there is.

Our first Earth Awards honorees embody values we see as pillars of a more sustainable future. **Mark Ruffalo** and **Gloria Walton** have, for a decade, worked together at the Solutions Project, fighting for the belief that clean energy increases racial equity. **Lisa P. Jackson** joined the Environmental Protection Agency in 1987; after rising through the ranks to become the agency's administrator in 2009, she left to become Apple's environmental director in 2013, in charge of how the world's most valuable company is addressing the ongoing climate crisis. **Vanessa Nakate**, just 26 years old, is already one of the world's most influential voices calling for a comprehensive overhauling of the global economy, arguing for a green transition that corrects the global inequities wrought by the fossil-fuel century. And for six years **António Guterres** has used his platform as Secretary-General of the U.N. to make climate the first line item on the global agenda for change.

We face a planet-scale problem. These five honorees show that individuals can make a difference. Here's what they have to say.

Powerful stories of frontline communities' climate solutions can change the world **By Gloria Walton and Mark Ruffalo**

WHEN YOU'RE TRYING TO PERSUADE PEOPLE TO DO something important, you can present statistics, policy statements, graphs, and spreadsheets. But without a story that paints a picture of what's at stake, touches the heartstrings, and sparks the imagination to envision possibilities, it's hard to move people to take action. One formula for accelerating transformational change is to amplify the right message from the right messenger at the right moment in time.

We can often feel powerless when it comes to taking action—whether because those abusing power contribute to the feeling of helplessness, or the doomsday approach common in some climate storytelling creates crippling eco-anxiety. When we think change is impossible, we stop trying. But when humans tell their stories, we see ourselves in them, and that gives us something to fight for.

Listen to the story of Nalleli Cobo—a young activist and 2022 TIME100 Next honoree who grew up near an active oil rig in Los Angeles, battling cancer, illness, and loss—and it's hard to turn away. When she tells you that after years of organizing with her community, the city council finally voted to stop oil drilling, you feel the power of her story.

We at the Solutions Project believe in the power of storytelling—specifically, storytelling from communities of color and low-income communities that are hit first and

worst by climate change, pollution, and other effects of our dirty-energy economy. These frontline communities are creating practical, replicable solutions to the climate crisis.

What do frontline climate solutions look like in America today? A Latino community organization in Brooklyn helps develop New York City's first community-owned solar-power project, and successfully campaigns to transform an industrial waterfront into a wind-energy hub that will power 1.3 million homes and create 13,000 local jobs. Members of the Navajo nation install solar-power systems to bring electricity to off-the-grid Indigenous families and their homes. A Black church in South Carolina deploys solar-powered hydropanels that turn



Walton and Ruffalo in Central Park in New York City on April 11



air into clean drinking water for communities that don't have safe tap water.

Storytelling is often about the power to proclaim values, define visions, and shape the dominant narrative. When community members tell their own stories, they are accurately portrayed not as victims but as the victors and visionaries they are. And their stories allow everyone to reimagine what an equitable and sustainable future looks like; they help us channel our fear and rage toward taking positive action.

It's heartening that we're now seeing Hollywood accelerate these stories through a drumbeat of movies and shows with climate themes, from the 2016 film *Moana* to this year's Apple TV+ series *Extrapolations*, to the *Black Panther* films. A film cannot change the world if the world isn't ready for it. A movie doesn't come out of nowhere; it is often rooted in social and cultural moments. As more filmmakers, television producers, and writers take on these issues, it's clear our society is open to new ways of approaching the climate crisis. And as frontline climate communities know from experience, all of us—just like the residents of the Marvel Cinematic Universe—are the heroes and sheroes we've been waiting for.

This is our moment. The solutions are right in front of us—we have all the energy and technology needed right here on the surface of the earth. If we invest our resources in our communities, we could ensure that all of us have access to green spaces, healthy foods, health care, and clean air. With record amounts of federal money beginning to flow toward climate solutions, this is our best chance yet to jump-start a rapid transition to a more just, equitable, and sustainable world. And that would be a story for the ages.

Ruffalo is an actor, producer, activist, and co-founder of the Solutions Project, an organization seeking to bring together the fields of science, business, and culture to work toward a 100% renewable-energy transition; Walton is a writer, organizer, and CEO of the Solutions Project

Lisa P. Jackson A green Apple

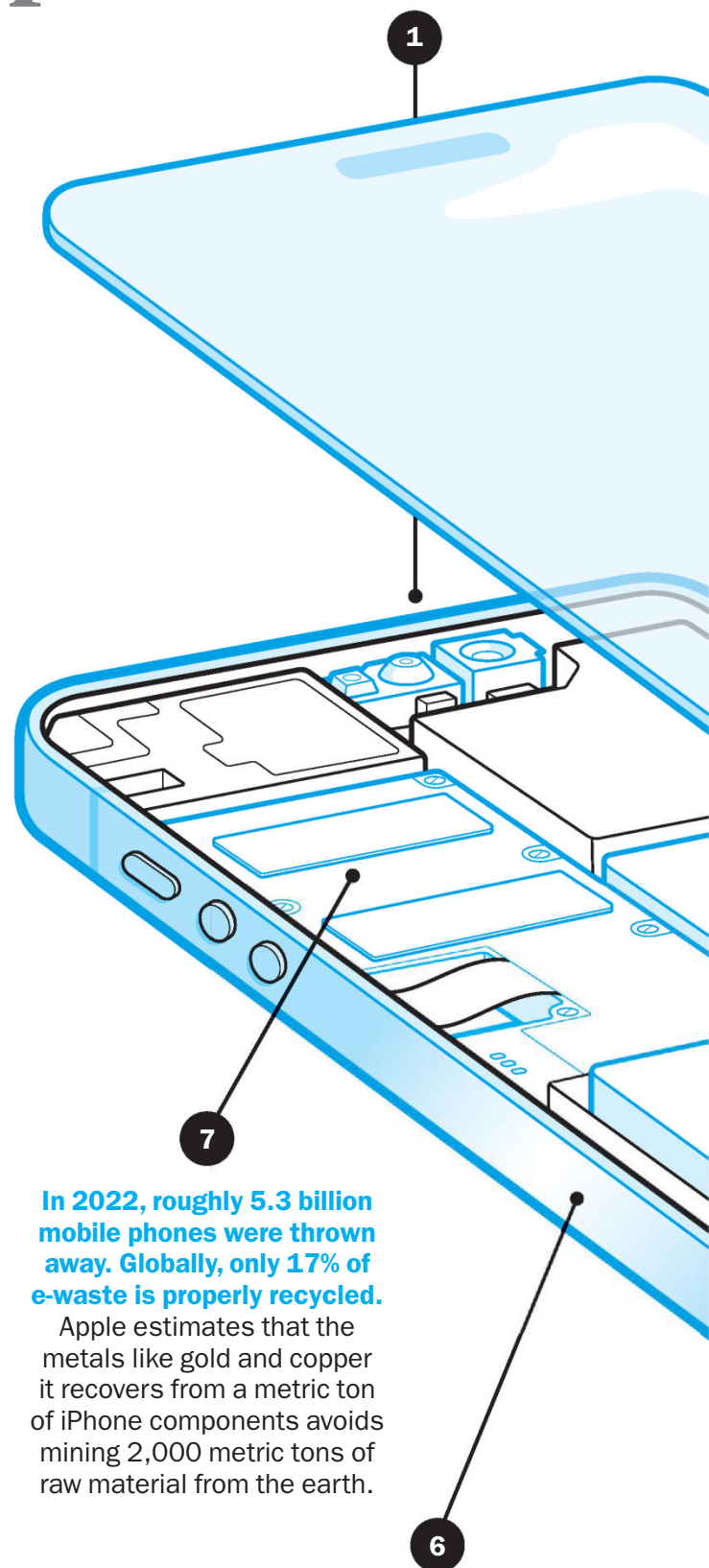
APPLE REVOLUTIONIZED consumer technology. Now it's focused on the climate crisis. For the company's head of environment, policy, and social initiatives, Lisa P. Jackson, this requires "the same kind of innovation and integrity that we bring to our products."

After leading the Environmental Protection Agency from 2009 to 2013 under President Barack Obama, Jackson joined Apple. Her decade of work there "is something that I will put up there in my career right up alongside my time in government service, and my 25 years in public service," she says. "I'm really proud." Jackson has steered the company to carbon neutrality across its global corporate operations; pushed for suppliers to use renewable energy; and spearheaded its Racial Equity and Justice Initiative.

She is currently working toward carbon neutrality across Apple's entire business and supply chain by 2030. That means reducing the fossil fuels used to produce Apple products; grappling with the environmental harm caused by extracting essential metals; and prioritizing recycling components when devices are thrown away and using recycled materials to build shiny new ones—using 40% recycled materials in the MacBook Air with an M2 chip, for instance, cut its emissions impact by 30%. A lot is involved. Consider the efforts, pictured here, to make the iPhone more sustainable.

—KYLA MANDEL, with reporting by JUSTIN WORLAND

The life-cycle carbon footprint of an iPhone 14 Pro with 128 GB of storage is 65 kg, equivalent to driving 160 miles in a gas-powered car. Production makes up 81% of this footprint; Apple is working to reduce such related emissions, and as of 2023, over 20% of iPhone 14 manufacturing electricity is sourced from clean energy.



In 2022, roughly 5.3 billion mobile phones were thrown away. Globally, only 17% of e-waste is properly recycled.

Apple estimates that the metals like gold and copper it recovers from a metric ton of iPhone components avoids mining 2,000 metric tons of raw material from the earth.

Transportation accounts for 1% to 10% of a device's carbon footprint. For the iPhone 14 Pro, the number is 3%. Decarbonizing this process is tricky given that long-haul flights rely on fossil fuels. To tackle this, Apple aims to use less carbon-intensive transport where possible, along with nature-based carbon offsets.

Over the phone's entire life cycle, 15% of its carbon footprint comes during use.

While different people use their devices differently, the iPhone generally requires 54% less energy than the U.S. Department of Energy's mandated levels.

2

To have a truly climate-friendly product, the electricity to charge a device should come from renewable sources. Often this is out of Apple's hands, though in Brown County, Texas, the company in 2019 invested in the 320-megawatt IP Radian Solar project to help consumers source cleaner energy.

3

5

A quarter of all the rare earth metals used in an iPhone are found in the Taptic Engine, which creates the vibration you feel when you receive a text, and the click when you type. This requires tungsten, a so-called conflict mineral commonly mined in the Democratic Republic of Congo. Apple today uses 100% recycled tungsten in the Taptic Engine.

4

In April 2023, Apple announced that by 2025, all cobalt in all of its batteries will be recycled.

The company also committed to using only recycled rare earth elements in all its magnets by the same deadline. Apple's battery magnets use only recycled metals already.

Vanessa Nakate's climate-activism advice column

Vanessa Nakate grew up in Kampala, the capital of Uganda. In 2019, at the age of 22, she began to realize how deeply climate change was affecting her country, and launched what has developed into one of the world's most impactful youth-led movements for climate justice. Among other things, Nakate founded the Africa-based Rise Up Movement and has served as a Sustainable Development Goals young leader at the U.N. Her leadership, poise, and clear-eyed approach to climate change make her uniquely qualified to answer some of the most pressing concerns we have on what we all can do to alleviate the problem at hand. She gave her take on TIME's questions about how the climate crisis affects our personal lives.

How do you deal with friends or family members who downplay the seriousness of climate change?

In Uganda, everyone knows that the climate is changing. Those in towns and cities see it in the increasing frequency of flash floods. Those in the countryside know that the weather they once relied upon to grow crops is becoming more unpredictable and extreme. People often don't attribute this to man-made greenhouse-gas emissions, but we are all experiencing this rapid shift in some way or another.

A few years ago, my uncle Charles told me about the difficulties Ugandan farmers were experiencing with changing rainfall patterns. That conversation made me interested in doing more research on climate change. It was kind of the beginning of my activism.

Once you know the facts it can be frustrating to speak to people who are not there yet. For in much human wisdom is much vexation when people are not aware of what you know. But I would suggest trying to find the common ground, because most people understand that something is changing, that our world is becoming more and more unstable, or that our air is being polluted by fossil fuels. From there, education can help us understand the crisis and the solutions we need to address it.

If I were to take a year off and commit my time to climate action, what should I do? Where could I have the most impact?

The kinds of responses we need vary greatly, but they all add up to something that looks like systemic change. For example, spend a year working with an activist group—perhaps organizing people in their community to oppose a new gas power station or campaigning for your city to invest more in public transport. Or fundraise to bring local renewable energy to disadvantaged communities. You can even do both at once. No action is too small to make a difference.

I want to see the world, but I hate the jet-plane emissions. What should I do about traveling?

Some people think that youth climate activists like to tell people what they should or should not do. In fact, when we do activism, we are usually telling politicians and business leaders that they need to make it easier for people to live in a sustainable way. For decades they have been warned about the climate crisis, but they have refused to act—instead they have given more and more subsidies to polluting industries.

It would be very difficult, in our current system, to travel the world without using high-emissions transport. Though sometimes the best adventures can happen a bus ride away!

What are your tips for managing climate anxiety?

It can be tough to think about the climate crisis every day. Personally, I find that my Christian faith keeps me going. This trust in God gives me the foundation that allows me to hope for a better world.

I also remember who we are fighting for. The people whose lives are already very difficult, and who now face more and more risks because of the climate crisis. In East Africa, millions are currently on the brink of starvation because of an unprecedented five failed rainy seasons in the region. Last September, with UNICEF, I visited Turkana in Kenya, one of the areas worst affected by the drought. I met mothers who had to take their children to a hospital treating the worst cases of severe acute malnutrition. One of the children I met there died a few hours after I visited. I'm fighting for these children and many millions more that are at risk of suffering like this. That is what keeps me going.

What do you think about the trend of people saying they don't want to have biological children, because doing so would add to the climate challenge while also bringing people into a potentially catastrophic world?

I would say that we need to have hope and the expectation of something



good. Without hope, the world would not be a place worth living in.

There has been some climate progress but not nearly enough, and it can sometimes feel like the movement is failing. How do you deal with failure, and where do we go from here?

Many times the media report progress on climate change as a victory for “activists.” Of course, this portrayal is absurd—in reality, emissions reductions are a victory for literally all life on earth. Similarly, the fact that we have not made enough progress is not a failure for the “movement.” It’s a failure of our societies, politics, and mostly it’s a failure of those with the power to change things who have chosen not to.

But we cannot give up. Everything we can do to decrease emissions matters, because every fraction of a degree of warming increases the length of droughts, the strength of hurricanes, and the intensity of heat waves. Our responses must improve: that means protests must get bigger and all institutions with power must be held to account, but most of all it means politicians, business leaders, the media, and those with influential platforms must wake up and do all they can do.

“We need to have hope and the expectation of something good,” says Nakate, above in Stockholm in 2022

What’s your favorite book or movie on climate change?

I find inspiration from the work of Wangari Maathai, a Kenyan environmental activist who founded the Green Belt Movement and won the Nobel Peace Prize in 2004. Her work is explained in her book *The Green Belt Movement*.

Wangari is a role model that I and many other young female environmental activists look up to in East Africa. She understood the interconnectedness of many of our social and ecological problems, as well as the power of nature to heal and transform people’s lives. The Green Belt Movement combined the fight against deforestation with the fight for women’s empowerment, by working with women in Kenya to plant trees and protect forests. The projects, as well as protecting nature, focused on real improvements that could be made to the lives of ordinary people.

Nakate is a climate-justice activist and a 2021 TIME100 Next honoree

António Guterres

A letter to my granddaughter's granddaughter

My dear great-great-granddaughter,

I wish I could be with you as you open this letter in the year 2100.

My mind is flooded with curiosity about your life, your hopes and dreams, and what kind of world is outside your window.

But I must confess, I am fixed on one question: Will you open this letter in a spirit of happiness and gratitude—or with disappointment and anger at my generation?

As I write you in 2023, humanity is losing the fight of our lives: the battle against climate upheaval that threatens our planet.

If I were with you now, you might ask if we saw disaster coming.

Yes, we did.

We are making a mess of our planet through bottomless greed, timid action, and an addiction to fossil fuels that is driving temperatures to unlivable new highs around the world every year.

Scientists, civil society, the U.N.—and most inspiring of all, young people—have led the charge for climate action. But too many leaders have failed to step up.

Today, our world stands at a crossroads, with two paths before us that will have a direct impact on your future.

The first leads to a future of relentless temperature rise, deadly droughts and famines, melting glaciers, and rising seas. Communities ravaged and erased by floods and wildfires. Extinction and biodiversity loss on an epic scale.

In short, a trail of destruction.

The second path leads to the legacy you deserve: breathable air, better health, sustainable food systems, clean water, and robust, circular economies. A future powered by renewable energy and high-quality green jobs.

I am determined that humanity follows this second path. We have the information we need. We have the tools and technology.

I am fixed on one question: Will you open this letter in a spirit of happiness and gratitude—or with disappointment and anger at my generation?

What we need is the political will to forge a peace pact with nature and transform how we grow food, use land, fuel transport, and power economies.

Wealthy countries must help less-wealthy ones cut carbon emissions and make huge investments in renewable energy and the protection of vulnerable communities.

Of course, even if we take all these actions, our climate will still change in dramatic fashion by the time you are born.

But we can limit the damage, and provide every country and community with ways to adapt and become more resilient.

A future with only 1.5°C (2.7°F) of global warming may not deliver us to climate heaven, but it will save us from climate hell.

So which path did my generation take?

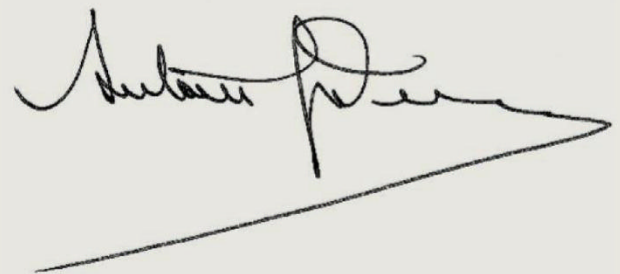
My dear great-great-granddaughter, by the time you open this letter, you will have your answer. You will know whether we succeeded or failed in our fight for your future.

You are decades from birth, but I already hear you. The central question from you and all humanity both haunts and motivates me.

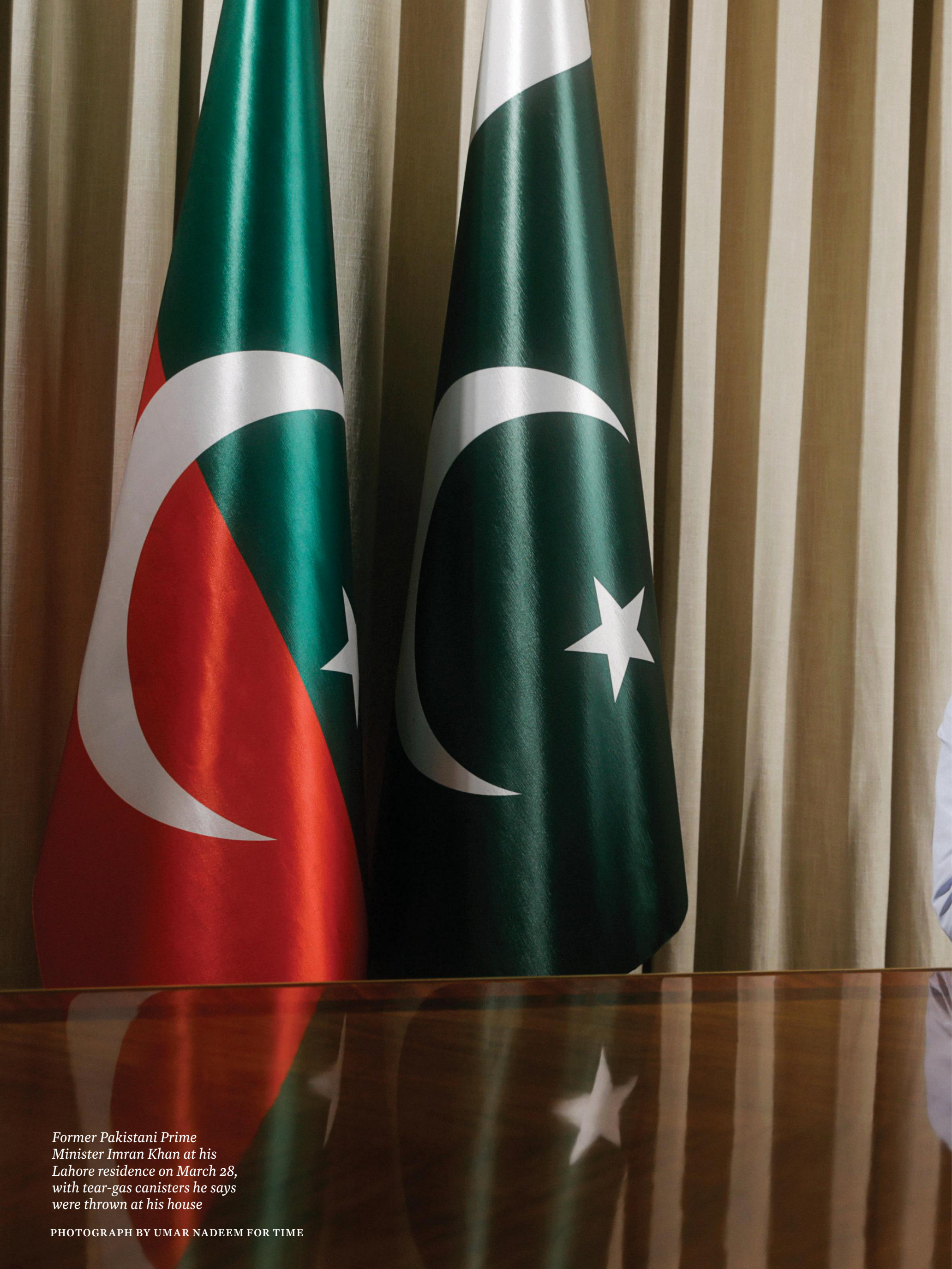
“What did you do to save our planet and our future when you had the chance?”

I will not relent in making sure my generation answers that essential call.

I will stand for climate action; climate justice; and the better, more peaceful, and sustainable world you and all generations deserve.



Guterres is Secretary-General of the U.N.



Former Pakistani Prime Minister Imran Khan at his Lahore residence on March 28, with tear-gas canisters he says were thrown at his house

PHOTOGRAPH BY UMAR NADEEM FOR TIME

WORLD

CAN IMRAN KHAN MAKE A COMEBACK?

Pakistan's most popular politician is under attack—and vying for power once more

By Charlie Campbell



POLITICAL LEADERS OFTEN BOAST of inner steel. Imran Khan can point to three bullets dug out of his right leg. It was in November that a lone gunman opened fire on Khan during a rally, wounding the 70-year-old as well as several supporters, one fatally. “One bullet damaged a nerve, so my foot is still recovering,” says the former Pakistani Prime Minister and onetime cricket icon. “I have a problem walking for too long.”

If the wound has slowed Khan, he doesn’t show it in a late-March Zoom interview. There is the same bushy mane, the easy laugh, prayer beads wrapped nonchalantly around his left wrist. But in the five years since our last conversation, something has changed. Power—or perhaps its forfeiture—has left its imprint. After his ouster in a parliamentary no-confidence vote in April 2022, Khan has mobilized his diehard support base in a “jihad,” as he puts it, to demand snap elections, claiming he was unfairly toppled by a U.S.-sponsored plot. (The State Department denied the allegations.)

The actual intrigue is purely Pakistani. Khan lost the backing of the country’s all-powerful military after he refused to endorse its choice to lead Pakistan’s intelligence services, known as ISI, because of his close relationship with the incumbent. When Khan belatedly greenlighted the new chief, the opposition sensed weakness and pounced with the no-confidence vote. Khan then took his outrage to the streets, with rallies crisscrossing the nation for months.

The November attack on Khan’s life only intensified the burning sense of injustice in members of his Pakistan Tehreek-e-Insaf party, or PTI, who have since clashed with police in escalating street battles involving slingshots and tear gas. Although an avowed religious fanatic was arrested for the shooting, Khan continues to accuse an assortment of rival politicians of pulling the strings: incumbent Prime Minister Shehbaz Sharif—brother of Khan’s longtime nemesis, former Prime Minister Nawaz Sharif—as well as Interior Minister Rana Sanaullah and Major General Faisal Naseer. (All have denied the accusation.)

In addition to bullets, Khan has also been hit by charges—143 over the past 11 months, by his count, including corruption, sedition, blasphemy, and terrorism—which he claims have been concocted in an attempt to disqualify him from politics. After Sharif’s Cabinet declared on March 20 that the PTI was “a gang of militants” whose “enmity against the state” could not be tolerated, police arrested hundreds of Khan supporters in raids.

“Either Imran Khan exists or we do,” Interior Minister Sanaullah said on March 26.

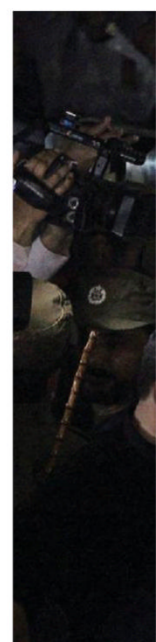


Pakistan sometimes seems to reside on a precipice. Its current political instability comes amid devastating floods, runaway inflation, and resurgent cross-border terrorist attacks from neighboring Afghanistan that together threaten the fabric of the nation of 230 million. It’s a country where rape and corruption are rife and the economy hinges on unlocking a stalled IMF bailout, Pakistan’s 22nd since independence in 1947. Inflation soared in March to 47% year over year; the prices of staples such as onions rose by 228%, wheat by 120%, and cooking gas by 108%. Over the same period, the rupee has plummeted by 54%.

“Ten years ago, I earned 10,000 rupees a month [\$100] and I wasn’t distressed,” says Muhammad Ghazanfer, a groundsman and gardener in Rawalpindi. “With this present wave of inflation, even though I now earn 25,000 [\$90 today] I can’t make ends meet.” The world’s fifth most populous country has only \$4.6 billion in foreign reserves—\$20 per citizen. “If they default and they can’t get oil, companies go bust, and people don’t have jobs, you would say this is a country ripe for a Bolshevik revolution,” says Cameron Munter, a former U.S. ambassador to Pakistan.

“Our economy has gone into a tailspin,” says Khan. “We now have the worst economic

▲ Clockwise from top left: Khan at the 1992 Cricket World Cup; with his family in 1999, leading a protest in Islamabad over attacks in Chechnya; leaving the High Court with supporters in February 2023; at a political rally in Shadi Khal, Pakistan, in 2002





indicators in our history.” The situation threatens to send the nuclear-armed country deeper into China’s orbit. Yet sympathy is slim in a West put off by Khan’s years of anti-American bluster and cozying up to autocrats and extremists, including the Taliban. He visited Russian President Vladimir Putin in Moscow on the eve of the Ukraine invasion, remarking on “so much excitement.” Khan can both repeatedly declare Osama bin Laden a “martyr” and praise Beijing’s confinement of China’s Uighur Muslim minority. He has obsessed on Joe Biden’s failure to call him after entering the White House. “He’s someone that is imbued with this incredibly strong sense of grievance,” says Michael Kugelman, the deputy director of the Asia Program at the Woodrow Wilson Center.

Yet Khan can claim to have democracy on his side, with poll numbers suggesting he is a shoo-in to return to power if the elections he demands happen. “Imran Khan is the best bet we have right now,” says Osama Rehman, 50, a telecommunications engineer in Islamabad. “If [he] is arrested or disqualified, people will come out onto the street.”

The state appears inclined to confrontation. Police raids on Khan’s home in the Punjab province capital of Lahore in early March left him choking on tear gas, he says, as supporters

brandishing sticks battled police in riot gear before makeshift barricades of sandbags and iron rods. “This sort of crackdown has never taken place in Pakistan,” says Khan. “I don’t know even if it was as bad under martial law.”

After Khan left his compound to appear in court on March 18, traveling in an armored SUV strewn with flower petals and flanked by bodyguards, the police swooped in while his wife was home, he says, beating up servants and hauling the family cook off to jail. He claims another assassination attempt awaited inside the Islamabad Judicial Complex, which was “taken over by the intelligence agencies and paramilitary.”

The contest could remain in the streets indefinitely. Prime Minister Sharif has rejected Khan’s demand for a snap election, saying polls would be held as scheduled in the fall. “Political stability in Pakistan comes through elections,” Khan points out. “That is the starting point for economic recovery.” From the U.S. perspective, he may be far from the ideal choice to helm an impoverished, insurgency-racked Islamic state. But is he the only person who can hold the country together?

“Never has one man scared the establishment ... as much as right now,” says Khan. “They worry about how to keep me out; the people how to get me back in.”

IT’S INDICATIVE OF PAKISTAN’S MALAISE that its most popular politician in decades sits barricaded at home. But the nation has always been beyond comparison—a wedge of South Asia that begins in the shimmering Arabian Gulf and ascends to its Himalayan heights. It’s the world’s largest Islamic state, yet has been governed for half its history by men in olive green uniforms, who continue to act as ultimate arbiters of power.

The only boy of five children, Khan was born on Oct. 5, 1952, to an affluent Pashtun family in Lahore. He studied politics, philosophy, and economics at Oxford University, and it was in the U.K. that he first played cricket for Pakistan, at age 18. Britain’s sodden terrain also provided the backdrop to his political awakening.

“When I arrived in England our country had been ruled by a military dictator for 10 years; the powerful had one law, the others were basically not free human beings,” he says. “Rule of law actually liberates human beings, liberates potential. This was what I discovered.”

On the cricket pitch, Khan was a talisman who knitted mercurial talents and journeymen into a cohesive whole, a team that overcame extraordinary odds to famously lift the Cricket World Cup in 1992. There were glimpses of these qualities when Khan rose to become Prime Minister: running on an antigraft ticket, he fused a

disparate band of students and workers, Islamic hard-liners, and the nation's powerful military to derail the Sharif political juggernaut. But once in power, the self-styled bold reformer turned unnervingly divisive. Opposition is easier than government, and Khan found himself bereft of ideas and besieged by unsavory partners. There were some successes: Pakistan received praise for its handling of the pandemic, with deaths per capita just a third of the toll in neighboring India.

Khan's private life has rarely been out of the headlines. His first wife was British journalist and society heiress Jemima Khan, née Goldsmith, a close friend of Diana, Princess of Wales. She converted to Islam for their wedding, though the pair divorced in 2004 after nine years of marriage, and her family's Jewish heritage was political dynamite. (The couple's two sons live in London.) Khan's second marriage, to British-Pakistani journalist Reham Khan, lasted nine months. According to a 1997 California court ruling, Khan also has one child, a daughter, born out of wedlock, and he's struggled to quash gossip of several more. In 2018, six months before he took office, he married his current wife, Bushra Bibi Khan, a religious conservative who is believed to be the only Pakistan First Lady to wear the full-face niqab shawl in public.

It all fed Khan's legend: the debonair playboy who grew devout; the privileged son who rails against the corrupt; the humanist who stands with the bloodthirsty. His youth was spent carousing with supermodels in London's trendiest nightspots. But his politics has hardened as his handsome features have lined and leathered. He provoked outrage when he said in August 2021 that the Taliban had "broken the shackles of slavery" by taking back power (he insists to TIME he was "taken out of context") and has made various comments criticized as misogynistic. When asked about the drivers of sexual violence in Pakistan, he said, "If a woman is wearing very few clothes, it will have an impact on the men, unless they're robots." Khan has refused to condemn Putin's invasion, insisting, like China, on remaining "neutral" and deflecting uncomfortable questions onto supposed double standards regarding India's inroads into disputed Kashmir. "Morality in foreign policy is reserved for powerful countries," he says with a shrug.

At the same time, Khan's ideological flexibility has not stretched to compromises with opponents. He claims his relationship with the generals frayed over the military's unwillingness to go

after Pakistan's influential "two families"—those of Sharif and the Bhutto clan of former Prime Ministers Zulfikar and Benazir—for alleged corruption. "If the ruling elite plunders your country and siphons off money, and you cannot hold them accountable, then that means there is no rule of law," he says.

Yet analysts say it was Khan's relentless taunting of the U.S. that torpedoed his relationship with the military, which remains much more interested in retaining good relations with Washington. Khan insists to TIME that "criticizing U.S. foreign policy does not make you anti-American." Still, by 2022, the generals no longer had his back. The common

perception among Pakistan watchers is that Khan's fleeting political success was owed to a Faustian pact with the nation's military and extremist groups that shepherded his election victory and he is now reaping the whirlwind.

**'Never has
one man
scared the
establishment
as much as
right now.'**

—IMRAN KHAN

IF PAKISTAN'S ECONOMIC WOES are reaching a new nadir, the trajectory was established during Khan's term. A revolving door of Finance Ministers was compounded by bowing to hard-liners. In 2018, Khan pledged not to follow previous administrations'

"begging bowl" tactics of foreign borrowing, in order to end Pakistan's cycle of debt. But less than a year later, he struck a deal with the IMF to cut social and development spending while raising taxes in exchange for a \$6 billion loan.

Meanwhile, little was done to address Pakistan's fundamental structural issues: few people pay tax, least of all the feudal landowners who control traditional low-added-value industries like sugar farms, textile mills, and agricultural interests while wielding huge political-patronage networks stemming from their workers' votes. In 2021, only 2.5 million Pakistanis filed tax returns—less than 1% of the adult population. "People don't pay tax, especially the rich elite," says Khan. "They just siphon out money and launder it abroad."

Instead, Pakistan has relied on foreign money to balance a budget and provide government services. The U.S. funneled nearly \$78.3 billion to Pakistan from 1948 to 2016. But in 2018, President Trump ended the \$300 million security assistance that the U.S. provided annually. Now Pakistan must shop around for new benefactors—chiefly Saudi Arabia, Russia, and China. When Khan visited Putin last February, it was to arrange cheap oil and wheat imports and discuss the \$2.5 billion Pakistan Stream gas pipeline, which Moscow wants to build between Karachi and Kasur. In early March,



the Industrial and Commercial Bank of China approved a \$1.3 billion loan rollover—a fiscal Band-Aid for a gaping wound.

But if Khan recognized the problem, he did little to solve it. After his election in 2018, he was in an uncommonly strong position with the backing of the military and progressives, as well as the tolerance of the Islamists. Now, “he’ll be in a weaker position to actually effect any reforms,” says Munter, the former U.S. ambassador, “if he had any reforms to begin with.”

That Pakistan is moving away from the U.S. and closer to Russia and China is a moot point; the bigger question is who actually wins from embracing Pakistan. The \$65 billion China-Pakistan Economic Corridor was supposed to be the crown jewel in President Xi Jinping’s signature Belt and Road Initiative, linking China via roads, rail, and pipeline to the Arabian Sea. But Gwadar Port is rusting, and suicide bombers are taking aim at buses filled with Chinese workers. Loans are more regularly defaulted than paid. Today, even Iran looks like a more stable partner.

For the U.S., competition with Beijing defines foreign policy today, meaning Washington prioritizes relations with Pakistan’s archnemesis India, a key partner in the Biden Administration’s Indo-Pacific Strategy to contain China. After the U.S.

pulled out of Afghanistan, Pakistan is not the strategic linchpin it once claimed to be—and memories are hardly fond; Pakistan secretly invested heavily in the Taliban. “Lots of Americans in Washington say we lost the war in Afghanistan because the Pakistanis stabbed us in the back,” says Munter.

What happens next? Many in Khan’s PTI suspect the current government may declare their party a terrorist organization or otherwise ban it from politics. Others believe that Pakistan’s escalating economic, political, and security turmoil may be used as grounds to postpone October’s general election. Ultimately, all sides are using the tools at their disposal to prevent their own demise: Khan wields popular protest and the banner of democracy; the government has the courts and security apparatus. Caught between the two, the people flounder. “There are no heroes here,” says Kugelman. “The entire political class and the military are to blame for the very troubled state the country finds itself in now.”

It’s a crisis that Khan still claims can be solved by elections, despite his broken relationship with the military. “The same people who tried to kill me are still sitting in power,” he says. “And they are petrified that if I got back [in] they would be held accountable. So they’re more dangerous.” —With reporting by HASAN ALI/ISLAMABAD □

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Tear gas lingers from clashes between Khan’s supporters and riot police on March 14 after police tried to arrest Khan at his Lahore residence

HEALTH

The *Burnout* Reset

EXPERTS SAY EMPLOYEES
CAN'T ELIMINATE BURNOUT
ON THEIR OWN. I SET OUT
TO PROVE THEM WRONG
BY JAMIE DUCHARME

CORAL participants (and the author, right middle) link up to form a human support network

PHOTOGRAPHS BY BENJAMIN RASMUSSEN FOR TIME



I HAVE BEEN IN DANCE THER-
apy for all of 90 seconds
when I embarrass myself.
The group is doing a follow-
the-leader exercise, with
one person picking a dance
move that everyone else must

mimic. When my name is called, I panic
and launch into an extremely uncool
move that could be generously described
as disco-inspired, my cheeks flaming as
a group of strangers mirror it back at me.

I'd traveled to the University of Col-
orado's School of Medicine to take this

humiliating stab at vulnerability in
the name of science (and my own san-
ity). The Colorado Resiliency Arts Lab
(CORAL), an ongoing research project
at the school, aims to help people who
are burned out from their jobs build
resilience and improve their mental
well-being. For three months, partici-
pants meet weekly for 90-minute ses-
sions that weave together therapy, com-
munity, and art to provide an outlet for
the stressors of working in health care.

But this week, the group includes
one participant who doesn't work in
health care: me, a health journalist with
a personal interest in whether CORAL's
program really works.

After writing about the pandemic for
three years, I had started seeing in my-
self some of the warning signs of burn-
out, as compiled by Christina Maslach,
who has researched burnout for four de-
cades: emotional and mental exhaus-
tion, feeling negative or cynical about
work, and believing your work doesn't
matter or your efforts aren't enough.
Tick, tick, and tick. Toward the end of
2022, I experienced significant writer's
block for the first time. The "quiet quit-
ting" trend—doing the bare minimum
at work—spoke to me more than it
should have. And as the world forgot
about COVID-19, I sometimes won-
dered if there was any point in continu-
ing to cover it.

I genuinely love my job, so I wanted
to fix those issues before they got worse.
But when I asked Dr. Google "how to
cure burnout," I couldn't find much.
That's because it's not totally up to me,
Maslach says. Fixing burnout is truly
possible only when employers elimi-
nate the conditions that produce it in
the first place and pare down work-
loads, support and listen to employees,
and give people control over their work
and time, Maslach told me.

"It's not that coping is not impor-
tant," she says. But if we see it as the
solution, we're blaming workers and
"not actually changing the stressors
themselves."

But what if the stressors don't
change, no matter how much we want
them to? In an ideal world, sure, every
boss would want to eliminate burnout.
But businesses are driven by profits,
employees are often told to do more



with less, and too many people scrape by on minimum wage and no benefits. Leaving workers responsible for their own burnout may not be the answer, but in many cases, waiting for work to change feels like an equally hopeless path. Is there anything I—and the 42% of office workers who said they felt burned out in a late-2022 survey—could do to make an imperfect situation better?

I TURNED to the scientific literature for answers. Plenty of researchers have looked for ways that individuals can ease their burnout, but many don't seem to work. A 2022 research review analyzed 30 previous studies on burnout interventions for doctors. Many of the programs—free food, subsidized gym memberships, weekly meetings with a psychologist—didn't yield significant results. Nearly all of those that did involved a group element, like wellness classes or mentorship programs. That makes sense, even though it's harder to DIY; other research also suggests social support can improve mental health and protect against burnout.

But some individual interventions make a difference. Studies suggest physical activity, a proven mood booster and stress reducer, can decrease burnout. Mindfulness practices such as meditation and yoga have been shown in some, but not all, studies to help, apparently by building resilience and improving emotional regulation. Creativity practices may also chip away at burnout by reigniting passions and facilitating “flow,” or being engrossed in a task.

So: socializing, exercise, meditation, and arts and crafts. Not exactly groundbreaking stuff. The first three are foundational aspects of good health, recommended by nearly every expert I've ever interviewed. Despite how familiar they felt, I used them as the protocol for my highly unscientific burnout-busting experiment: I'd work out at least three

times a week and do yoga at least once a week, meditate daily, and complete a daily creativity exercise. (I chose to doodle my emotions.)

Since my experiment coincided with TIME's return-to-office plans—mandating my presence in the office three days a week—I figured I'd get my workplace social-interaction fix whether I liked it or not. As a longtime gymgoer, I also found my exercise quota manageable. The idea of meditating and doodling, however, filled me with dread. The most in touch I've ever been with my artsy side was when I started painting by numbers during the desperate boredom of lockdown. And you know how mindfulness experts often say there's no wrong way to meditate? They've never been inside my anxious brain as it ping-pongs from what to make for dinner to whether I forgot to feed the cat to an awkward thing I said six years ago. But—at least at the beginning—I was committed.

Socializing at work was by far the easiest part. I found it energizing and soul-nourishing to see co-workers face-to-face, even if we mostly chatted about bad Keurig coffee and reality television. I also felt virtuous about taking leisurely lunch breaks with colleagues.

However, adding in a long commute made every other element of my plan harder. Exercising four times a week became a scheduling headache. Meditating and drawing fell even lower down

my priority list. Sometimes I listened to a guided meditation during my subway ride home, which was futile. And on more than one occasion, I actually said the words “Ugh,

I still have to doodle,” out loud to my fiancé at the end of the day.

Exercise, at least, reliably lifted my mood and eased my stress when I managed to squeeze it in. But meditating often felt more boring than centering, and I frequently stared down at a blank page in my notebook, wondering what the heck my emotions looked like.

I tried—I really did. But doodling



and deep breathing didn't cancel out the drains of deadline pressures, rude emails, and constant bad news. If anything, my regimen made it clear that adding to my to-do list made my stress worse.

My experiment had failed. Which brought me to the dance circle at the University of Colorado.

THE BURNOUT STUDY there had the extreme misfortune of trying to launch in March 2020, just as the U.S. was shutting down. Dr. Marc Moss, a critical-care physician and CORAL's principal investigator, had intended to study burnout reduction among intensive-care providers. But by the time COVID-19 was controlled enough in Colorado to get the program up and running in September 2020, “the whole world was stressed out,” Moss says. He and his colleagues decided to open the first few study sessions to any patient-facing health care workers, then broadened the eligibility criteria over time. Now in its sixth round, CORAL welcomes anyone in the Denver area who works in the health care field, from researchers and lab technicians to food-service workers and case managers.

When people sign up for CORAL, they're assigned to a group focusing on visual arts, writing, dance, or music. For 12 weeks, facilitators use creative exercises to help people express their identity and values, channel negative emotions, build resilience, and develop self-care routines. To build community, participants are also encouraged to share experiences from their lives and jobs and take part in a group

ADDING TO MY TO-DO LIST MADE MY STRESS WORSE



1. Journaling about everyday emotions is part of CORAL's burnout-busting tool kit.
2. Movement, a proven stress reliever, seems to build up reserves of resilience

project, such as contributing a work of art to an album or performing a dance.

"We're building resilience more than curing burnout," says Katherine Reed, an art therapist who runs CORAL's visual-arts group. But the data suggest one leads to the other: for almost 150 health care providers who joined the study from September 2020 to July 2021, the approach led to small but significant decreases in anxiety, depression, and burnout, according to a 2022 study published in the *American Journal of Medicine*. If the framework proves effective for people in a wider swath of health care jobs, Moss says CORAL's approach could feasibly be adopted by burned-out workers in any industry. That's what made me want to try the program. Burnout has been studied extensively among health care workers, but few researchers have looked at interventions for the general public.

During my visit in March, I dropped in on the music, writing, and dance groups. (I missed visual art because of a flight delay, because apparently the universe wanted my baseline state to be as stressed as possible.) For three days, I used all of my senses to describe how humor looks, sounds, feels, smells, and tastes; wrote about my emotions as if they were characters in a short story; and practiced vulnerability by dancing in front of strangers. I listened as members of the study talked about frustrating moments in their days, applauding along with everyone else when people described emotional breakthroughs

with their bosses or co-workers. Even as an aggressively uncrafty, professionally skeptical person, I felt calm and happy during my time with CORAL—a combination, probably, of getting away from my daily routine, paying attention to my emotions, and trying something new.

I was encouraged. But when I asked Moss and his team if the CORAL curriculum could be distilled into something I, or any individual, could do on my own, I was met with a resounding no. The program's magic, its facilitators said, is in bringing people together to feel the solidarity and community so often lacking in modern life. People can draw or dance or write or sing on their own, but it likely won't have the same transformative effect without a human connection.

That's what Dr. Colin West, who researches physician well-being at the Mayo Clinic, found in 2021, when he published a study on what happened when physicians met up for group discussions over meals. Their burnout symptoms improved, but it wasn't necessarily the food that made the difference—it was support. "We have so many shared experiences and so many stressors that are in common, and yet physicians will often feel like, Well, I can't talk to anybody about this," West says. Bringing people together to share their experiences can help.

West believes there are other reasons the program worked: it was easy for people to join, since they had to eat anyway, and the hospital made meals

free for study participants. "The individual needs to contribute something, and the organization needs to contribute something," West says. That two-sided approach helps people feel supported and valued by their organization, which can go a long way toward easing some of the bitterness and cynicism that accompany burnout.

Since my solo study didn't work, and I couldn't take off 12 weeks to join CORAL for real, I felt resigned to the relief I'd gained from exercise and my in-person days at the office. But over time, something changed at work. My editor—tipped off to my burnout when I pitched the story you're reading—encouraged me to take a step back from the COVID-19 news cycle and pursue other topics. As I settled into my less-COVID-centric routine, it felt easier to get excited about pitching ideas and writing stories, and to show up each day feeling more engaged and energized.

In a way, my experiment proved that burnout expert Maslach was right all along: the self-care tactics I used on my own were less effective than workplace adjustments. But after visiting CORAL, I believe the solution to burnout isn't just to sit back and hope employers make the right changes.

Moss, the research lead for CORAL, thinks about it like this: a hospital could make administrative tweaks to lighten doctors' workloads, but it can't protect them from the death and sadness they see every day. "We see things that are not normal, and we see a lot of tragedy," Moss says. "I can't work in an intensive-care unit and not have that happen." The stressors baked into other industries might be different or less intense, but they're present in some form, no matter the job. Maybe it's obnoxious customers, or exhausting overnight shifts, or bureaucratic red tape; there's always something. When done right, interventions like the ones used in CORAL can provide communal outlets for the stressors that won't ever go away.

I'm hoping happier health news lands on my desk soon. But in the meantime, I'm pursuing better ways to manage stress and searching for people willing to join me. So long, solo doodling. I'm thinking of joining a book club instead—or maybe a dance class. □

CHINA WATCH

PRESENTED BY CHINA DAILY 中國日報

Leaves that left the world enchanted



Nakeli, a key stop on the Ancient Tea Horse Road in Pu'er city, Yunnan province. ZHANG WEI / CHINA DAILY



A leader of the Blang ethnic group in Pu'er smells the tea leaves at his tea plantation. ZHANG WEI / CHINA DAILY



A deep mark left by horses' hooves on an ancient tea road. PROVIDED TO CHINA DAILY



Chen Baoya (left), a scholar who coined the phrase Ancient Tea Horse Road in 1990, took a photo with a Tibetan girl on his trek along the tea road. PROVIDED TO CHINA DAILY

After secrets of silk making were revealed, an old trade route was put to other lucrative uses

BY DENG ZHANGYU and LI YINGQING

On a summer's day in 1990 Chen Baoya and five friends embarked on a three-month hiking trip with horses, dogs and tents in which they would explore ancient roads between Yunnan province and Tibet autonomous region.

The roads they used had formed a network linking China with the rest of the world for more than 1,000 years.

"Our plan was to do research on linguistics and culture along the ancient route," says Chen, who with a few of the other team members were teachers at Yunnan University in Kunming, Yunnan.

"One thing we discovered was that tea was an important commodity along the route we trekked," says Chen, now a professor of linguistics at Peking University.

Thus it was that the trekkers coined the term *chama guda*, or the Ancient Tea Horse Road, to describe the route they had covered.

They set off from Zhongdian, or Shangri-La, Yunnan, in June, traveling over snow-capped mountains, valleys and grasslands at extremely high altitudes, reaching Chamdo in Tibet autonomous region and Kangding in Sichuan province, before making the return trip to Shangri-La in September.

During the trek, they met some tea porters who worked for horse caravans. The scholars were told that these porters had traveled to India with horse and mule caravans along the ancient route.

In a published research paper on the trek, they used the name the Ancient Tea Horse Road, and it attracted a great deal of attention, helping generate further



A tea plantation in Pu'er city, Yunnan province. DENG GUOHUI / FOR CHINA DAILY

research in China and elsewhere.

The name was based on the common trade of tea for horses a millennium earlier, when the Chinese needed the animals as they fought to ward off enemies in the north.

The network of roads became to be increasingly used in the Song and Yuan dynasties (960-1368) and stretching through to the Ming and Qing dynasties (1368-1911).

"The route was once called the South Silk Road," Chen says. "But since silk was not a necessity for most people, the Silk Road linking China with the rest of the world was sometimes disused."

Nevertheless, before the roads became conduits for tea, silk was the predominant, lucrative commodity carried along them, its destination being wealthy people in the West. However, as the know-how of raising silkworms and making silk became implanted in many countries, they stopped buying it from China, meaning many of the Silk Road's arteries fell into disuse.

"Only when the drinking of tea thrived during the Tang Dynasty (618-907) was the old trail reactivated and became a major commercial route between East and West," says Chen, 67.

He describes the route as a "life road" because the Tibetans living at high altitudes acquired a taste for tea in the Tang Dynasty, and it became a staple of their daily life. Tea produced in Yunnan was carried on the backs of horses, mules and even yaks into high-altitude areas, and to the south, including to what are now India, Laos, Myanmar, Thailand and Vietnam. It was also taken to the north, through

Xinjiang Uygur autonomous region or Inner Mongolia, to Russia.

Tea trees are very fussy about where they grow, requiring a certain altitude, sunshine, humidity and particular soil types, and that fastidiousness kept the ancient road humming with trade for centuries.

On the trail, horse hooves left deep indentations, round and deep on either the stone stairs or cobbled lanes. Marks of horseshoe prints and burned stones nearby were important tokens for Chen in identifying an ancient tea route.

"The caravans took little food with them. They cooked food during the journey, and those burned stones are firm evidence of this."

In terms of linguistics, he says the word for tea in most places around the world derives from the Chinese *cha*. "It's just one more piece of evidence of how tea culture spread along the Ancient Tea Horse Road from China."

Following tea culture, art produced by Buddhism, and commodities including jewelry, jade, fragrance and ceramics were traded along the most actively used international commercial route linking East and West.

In addition to that route, tea produced in China was eventually being exported from Zhejiang and Fujian provinces to Europe by sea.

"Both the ancient road and maritime routes helped transport Chinese tea and culture to the world," Chen says.



Online
Watch the video
by scanning
the code.

New gateway to China

BY YUAN SHENGGAO

Located in the hinterland of the Beijing-Tianjin-Hebei cluster and boasting the comprehensive transportation methods of aviation, highways and railways, Beijing Daxing International Airport is driving the development of the region.

Known as a new gateway to China, it has become an important tool for the country to focus on the future development of world-class urban areas.

The airport's annual passenger throughput is estimated to reach 72 million in 2025. Its annual cargo and mail throughput is expected to reach 4.4 million short tons in the next few years, said the administrative committee of the Beijing Daxing International Airport Economic Zone.

The zone, with a core area of about 58 square miles stretching from Beijing to neighboring Hebei province's Langfang, is the only advantageous area in the country that has enjoyed the free trade zone policies of both a province and a municipality at the same time.

Beijing's airport economic zone beckons businesses worldwide with development potential



Artistic rendering of the Beijing Daxing International Airport Economic Zone. PROVIDED TO CHINA DAILY

The Beijing section's eastern area, which is 9.27 square miles, puts an emphasis on conference and exhibition services, as well as international consumption, where the International Convention and Exhibition Center is planned to cover about 4.31 million square feet of indoor exhibition area and the International Consumption Hub is set to span some 6.14 million square feet.

The western area in the Beijing section is 10.04 square miles, including healthcare services, an international talent community, a science and technology innovation zone and a hospital.

On this 19-square-mile Beijing section of the economic zone, an airport economy is shaping up to promote the region's sustainable development. It is beckoning to investors and entrepreneurs

from around the world as the only area in Beijing that integrates the favorable policies of a free trade zone, Zhongguancun Science Park and the city's expansion in the opening-up of the service industry.

The airport economic zone will build six major industrial parks: the International Aviation Headquarters Park, the Life Medicine Incubator, the International Business Complex, the Regenerative Medicine Innovation Industrial Park, the Free Trade Innovative Center and the Medical Equipment Intelligent Manufacturing Park.

Building on the two complexes as well as industrial zones and parks, the economic zone is creating a diverse, open and international environment, and kick-starting the construction of a top global aviation city, aimed at becoming a new growth spot.

Of the projects awaiting global partners, 19 are located in the Beijing part, including the International Aviation Headquarters Park, an aviation sci-tech park, and the Medical Equipment Intelligent Manufacturing Park.

Top designs win prizes for Daxing consumption vision

BY YUAN SHENGGAO

The awards ceremony for the Beijing Daxing International Airport Economic Zone's C&E and Consumption Hub International Idea Competition took place in the capital in April.

The event, launched by the zone's administrative committee, ran from April to August 2022. It collected designs and plans from around the world for the International C&E and Consumption Hub, which is planned to cover about 3 square miles at the eastern part of the airport economic zone.

Applications from 16 consortia were received in the first stage and after an expert review, eight of them were shortlisted for the competition.

The team led by China Merchants Exhibition Management (Shenzhen) won the first prize. Designers from the team said they were inspired by the phoenix-shaped Beijing Daxing International Airport. They laid out the area like a Chinese parasol tree, which is the preferred habitat of phoenix in Chinese folklore.

The overall project comprises one super consumption hub for shopping malls, five zones for exhibition and convention centres and nine zones for cultural consumption and experiences. It involves multiple industries such as convention, culture and health, offering a wealth of experience for consumers and visitors

from all over the world, according to designers.

Beijing North Star Industrial Group's consortium ranked second at the competition, while China International Exhibition Center Group and Colliers International Property Consultants (Shanghai), leading their respective consortia, tied for third place.

Other participants that graced the competition include Hannover Greenland Venue Management, which joined the team led by Colliers and shared the second prize, as well as engagement award winners including China Duty Free Group, Kengo Kuma and Associates and Zaha Hadid Limited.

Another highlight of the zone's move to solicit creative ideas from around the world for its growth is the "Future City" Explorer International Innovation Competition, which was launched in May 2022.

Focusing on four themes of green and low-carbon development, cultural inclusivity, new consumption and smart tech, the event aimed to collect proposals for urban development, spur innovation in policy, technology and business models, and assist resource allocation and matching, said the zone's administrative committee officials.

The grand prize was presented to Beijing Urban Construction Exploration and Surveying Design Research Institute. Its proposal entitled Echo to Rise combines city culture, a transport system, environment and landscape, and offers multifunctional scenarios.

The judging panel selected four winners of the second prize and six of the third prize.

The competition winners will be recommended to investors and receive guidance from industry leaders and renowned academics, organizers said.



Open letter to politicians and lawmakers,

There are over 500,000+ child predators online every day.^[1] The stark reality is that 85% of them are hands-on abusers.^[2] Law enforcement is doing everything they can to stop these child predators in their tracks. But they are overwhelmed, under-resourced, and none of us can put an end to this alone. To truly do that, we must band together.

Child Rescue Coalition (CRC) has a breakthrough, free technology that flags every time a child predator shares child sexual abuse material (CSAM). It identifies the types of child abuse files shared, when they were shared, and locates who is behind them. On average, this technology identifies 27,000 records a minute relating to the trade of CSAM on the internet.^[3]

That's why it is so important you join our fight. Help us get CRC's proprietary free technology in more communities so we can identify those predators and bring them to justice. Are you ready to partner with us and do your part in protecting our children?

Go to ChildRescueCoalition.org to learn more about how Child Rescue Coalition's FREE technology can make a difference against online child sexual abuse in your own community. Each predator we catch prevents 50-150 children from being abused in the future.^[3] Let's work together to put the bad guys behind bars.

Sincerely,
Child Rescue Coalition

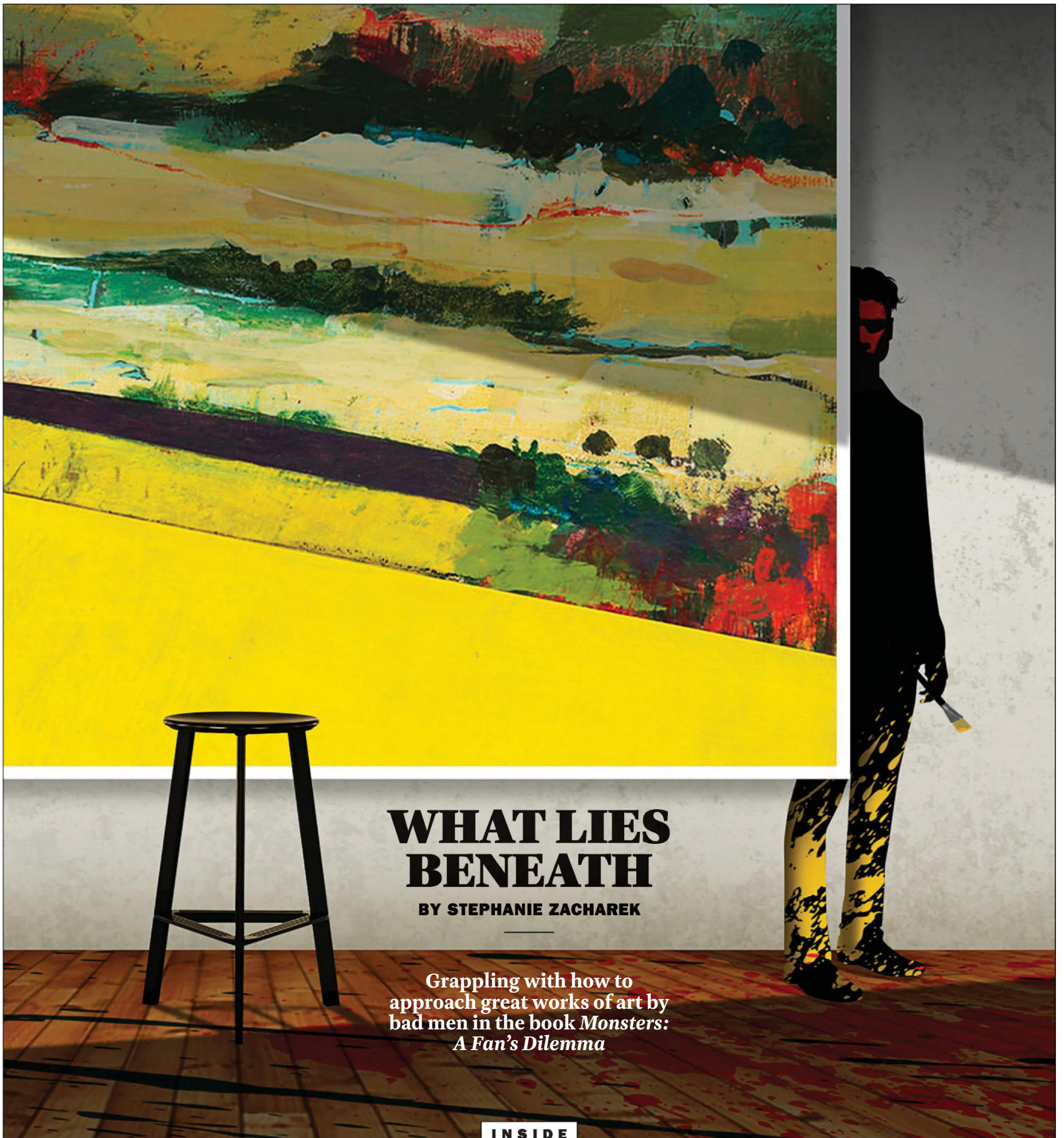


Not a lawmaker? We all need to work together.
Write a letter to your local representatives at
ChildRescueCoalition.org or scan the QR code
to sign the petition.



CHILD RESCUE COALITION

Time Off



WHAT LIES BENEATH

BY STEPHANIE ZACHAREK

Grappling with how to approach great works of art by bad men in the book *Monsters: A Fan's Dilemma*

INSIDE

A RARE TRUE-CRIME SERIES THAT HITS THE RIGHT NOTES

AMAZON'S WILDLY EXPENSIVE BUT UNDERWHELMING GLOBAL THRILLER

JOAQUIN PHOENIX IN A LONG FREUDIAN NIGHTMARE

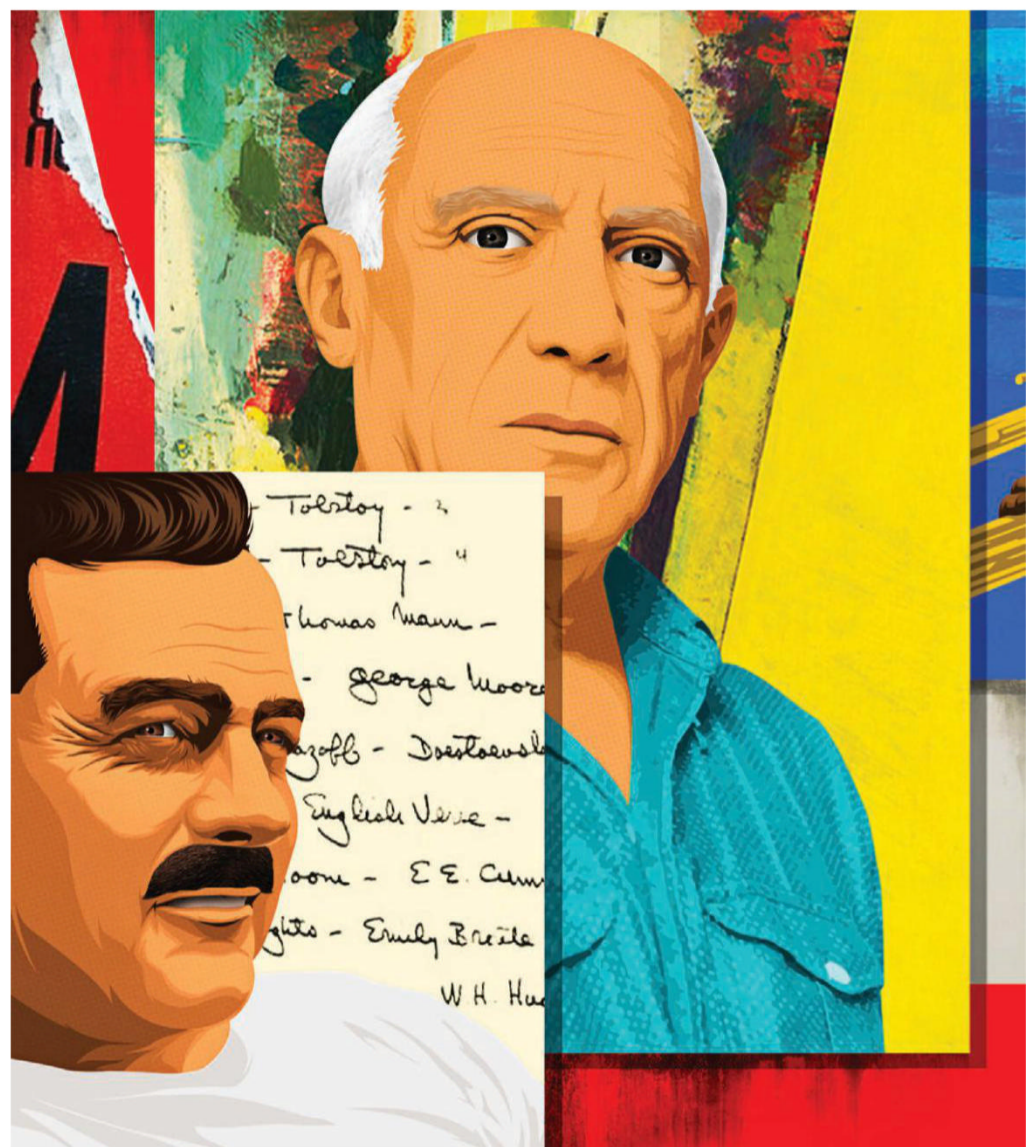
YOU, ME, AND EVERYONE WE KNOW: WHETHER you're aware of it or not, you're in a relationship with a monster.

There is surely some artist whose behavior, known to you or otherwise, is scurrilous, reprehensible, possibly worthy of life imprisonment—and yet you continue to love the work of that artist, defiantly, secretly, or in ignorant bliss. More often than not, this person—it could be a filmmaker, a writer, a painter, a musician—is a man, because more often than not, it's brilliant men who get a pass when it comes to how they behave in everyday life. And so, when it comes to laying blame for these conflicts that roil inside us—can I still watch Woody Allen's *Annie Hall* and not feel dirty? Is it wrong to feel a frisson of joy as I gaze at the aggressive angles of Pablo Picasso's *Les Femmes d'Alger*—the bottom line is that it's men's fault. Why do they have to spoil everything?

And yet—with her exhilarating book *Monsters: A Fan's Dilemma*, essayist and critic Claire Dederer holds a small lantern aloft in the darkness. Is it possible to ever separate the art from the artist? And if not, is it possible to find the sweet spot between our rage and our rapture? Those are just some of the questions Dederer both raises and responds to in *Monsters*, though this isn't so much a book of solutions as it is an examination of how we approach the art we love. Because the more deeply we engage with art, the more troubled we're likely to be over the sins of the people who made it.

THE LIST OF THOSE who have disappointed us, or worse, is long. Allen and Picasso, Miles Davis and Ernest Hemingway, Roman Polanski and Bill Cosby: as far as the guys go, that list barely scratches the surface, yet Dederer is clear that in creating their art, women too can be monsters of a sort, though their deeds—as in the cases of Sylvia Plath and Doris Lessing—generally involve their identity as mothers. In other words, she lets no one off the hook. (Wait till you get to the part about Laura Ingalls Wilder.) Yet somewhere between giving these troublesome geniuses a pass and throwing all their accomplishments into a proverbial drawer and tossing away the key, Dederer seeks a thinking, breathing middle ground. She asks a lot of tough questions, chiefly of herself. How, for example, can a person watch *The Cosby Show* after learning about the rape allegations against its star and creator? “I mean, obviously, it's technically doable, but are we even watching the show?” she writes. “Or are we taking in the spectacle of our own lost innocence?” It's the kind of question that, for a minute, makes you feel as if you're off to the races, but really you're just at the mouth of an intricate garden maze whose end can't be reached without a lot of wrong turns.

For Dederer, the wrong turns are the point—and perhaps the only path to whatever might pass for enlightenment. She burrows deeply into the idea of genius itself, both its glory and its limitations, and she begins with the hard stuff, opening the book with an anguished reflection on one of the most monstrous living artists most of us can easily name: Roman Polanski. In Hollywood in 1977, the French-Polish film director drugged and raped



^
Dederer wrestles
with the legacies
of controversial
artists

a 13-year-old girl named Samantha Gailey. He was arrested and charged, but he fled the country and has been living and working in Europe ever since, having become a fugitive from the U.S. criminal-justice system.

Polanski is also a filmmaker whose work Dederer loves, and in 2014, as she was researching his output for a book project, she found herself confronting the unsettling truth that although she was fully aware of Polanski's crime, she was “still able to consume his work. Eager to.” As she sat down to watch his films in her home in the Pacific Northwest, in a room filled with books and paintings—“a room that suggested—all those books—that human problems could be solved by the application of careful thought and considered ethics”—she felt fortified to face her conflict head-on, only to find there was no easy way past it: “I found I couldn't solve the problem of Roman Polanski by thinking.”

THE QUESTION of how we live with the art of “monstrous men,” as Dederer calls them (when they are indeed men), is hardly going away, and it presents rocky territory for anyone



who cares about art. Because now, at least according to a new set of unwritten rules, we not only have the job of assessing the art at hand; we also have to render a judgment about whether its creator is worthy of our respect on moral grounds—and then field the judgment of anyone else who deems our conclusions wanting.

There are certain patterns here. Do we judge a woman genius who leaves her children more harshly than we do a man genius who, say, emotionally and physically abuses the women in his life? Is water wet? More to the point, though, Dederer is arguing against easy morality, which she asserts is more for ourselves than for the benefit of humans at large. “This belief that we know better—a moral feeling, if ever there was one—is very comfortable. This idea of the inexorable, benign teleology of justice, of liberalism, of fairness, is seductive. So deeply seductive that it clouds our thinking and our awareness about ourselves. We are the culmination of every good human thought.” In other words, even armed with our own exquisitely pure judgment, we don’t always know best.

Dederer takes this argument to its

necessary end. She’s harder on herself than on anyone else: a late chapter, in which she writes about her own alcoholism, and her own possible monstrousness, is piercing to read—if you’re going to point the finger at others, she suggests, you have to be prepared to examine yourself too.

WOULD IT BE giving too much away to tell how Dederer ultimately solves the problem of monstrous creators? Or, at least, solves it to the extent any of us mere humans can? *Monsters* is a dazzling book. It’s also, occasionally, a maddening one. Dederer refuses to draw easy conclusions, always a plus. But in weighing the relative crimes and merits of, say, a J.K. Rowling—whose views on trans identity have sparked calls for boycotts even as her defenders say the fury is overshadowing the nuance—she can also come off as frustratingly noncommittal. At a certain point in the book, she balances two extremely complicated figures on a delicately calibrated seesaw: on one side, the troubled poet Sylvia Plath, who set out bread and milk for her two young children before killing herself in her London flat, and on the other, Valerie Solanas, the radical-feminist author of *SCUM Manifesto* and, perhaps more famously, the woman who shot and wounded Andy Warhol in 1968. Dederer acknowledges that it’s easier to sympathize with the fragile, enormously gifted Plath than with the firebrand Solanas, even as she tries to elicit some compassion for the latter. You may come away, as I did, largely unpersuaded.

But again, anyone looking for easy answers has come to the wrong place. This isn’t a prescriptive book. In places, it’s a bit squirrely: Dederer makes us privy to the process of wrestling with these problems, but she knows she can’t solve them. For now,

‘I found I couldn’t solve the problem of Roman Polanski by thinking.’

—CLAIRE DEDERER

though, even just that wrestling feels like a move forward. This book’s genesis was a probing 2017 *Paris Review* essay, “What Do We Do With the Art of Monstrous Men?” which seemed, if social media was any indication, to make many people feel less alone, myself among them. *Monsters* is more of that: it’s a secret glance passed between friends, only in book form.

As a film critic, I’m with Dederer on Polanski’s genius as a filmmaker. (His most recent film, the 2019 *J’accuse*, an astonishingly skillful account of the Dreyfus affair, wasn’t released in the U.S.) I’ve also had to wrangle with the sins of Bernardo Bertolucci (who was accused, by *Last Tango in Paris* star Maria Schneider, of on-set abuse, and was probably guilty of the emotional kind, at least) and Cosby (whose history of rape and assault charges have nearly obliterated his accomplishments as a groundbreaking Black performer, in a career that began long before *The Cosby Show*). My own formula for separating the art from the artist isn’t a formula at all: it’s more a sorrowful reckoning that acknowledges both the suffering these men have caused and the beauty of what they gave to the world. I would do the same for women, if there were more woman monsters. The best art shows the human touch; the catch is that it also has to be made by humans, who are inherently a mess.

If you too love the work of Polanski—or Picasso, Hemingway, Allen, Davis, and so on—sticking with Dederer on her curlicued journey might be the best gift you can give yourself. The final chapter feels its way toward a conclusion that burns clean, though it hurts a little too. Our relationship to any work of art is open-ended, Dederer reminds us: “We change, and our relationship to it changes.” This is the nature of love. She quotes the British philosopher Gillian Rose—“There is no democracy in any love relation: only mercy”—following up with her own observation: “Love is anarchy. Love is chaos.” We are at the mercy of the art we love, but its creators are at our mercy too. Forgiveness would be the easy thing; to love without it is a lot harder. □

TELEVISION

Pat & Candy & Allan & Betty

BY JUDY BERMAN

NOBODY WAS SUPPOSED TO GET hurt. This is the irony that drives *Love & Death*, creator David E. Kelley's empathetic HBO Max docudrama based on the true tragedy that befell two young, churchgoing couples raising families in small-town Texas in the late 1970s. When starry-eyed Candy Montgomery (Elizabeth Olsen) talks pragmatic Allan Gore (Jesse Plemons) into having an affair with her, over the course of many anxious "strategy sessions," the lovers-to-be agree: neither of their spouses, especially Allan's psychologically fragile wife Betty (Lily Rabe), can ever find out about them. They set up rules, meeting only on weekdays, at an out-of-town motel. Candy packs them a meal to share, in order to conserve time on Allan's lunch breaks. As adultery goes, it's all kind of adorable—until it really isn't.

If you followed the media-magnet case as it unfolded, or watched last year's Hulu miniseries on the same subject, *Candy*, which contains many of the same dramatized scenes, then you already know that Betty Gore died on June 13, 1980, and that Candy stood trial for her murder. Considering how much exposure this story has already gotten, it makes sense that Kelley, in his best show since *Big Little Lies*, shows little interest in the investigative aspects of the story. In a corrective to rampant true-crime sensationalism, *Love & Death* paints a portrait of regular, unmalicious people trapped in a terrible predicament that they set into motion but do not, perhaps, deserve.

OLSEN'S CANDY IS a complicated woman. Beloved in her community and active in her church, the extroverted stay-at-home mom is languishing in her marriage, to quiet engineer Pat (Patrick Fugit). Her only outlet, aside from frank conversations with her dear friend and pastor, Jackie (Elizabeth Marvel), is a

writing workshop. So when Allan—dorky, doughy Allan—accidentally knocks her down, then gently helps her up, at a church volleyball game, Candy spins herself a fantasy. "He smelled like sex," she tells a friend. Disarmingly confident in her desire, she approaches Allan with a no-nonsense proposal: "Would you be interested in having an affair?"

It takes her a while to get him, a constitutionally nervous guy who's worried about his oddball wife, to yes. Part of the calculation is that their arrangement must be about sex and adventure, not love, which each is adamant on reserving for their respective spouse. Candy sees the fact that Allan doesn't exactly resemble her dream date as a safeguard against catching feelings.

But feelings don't always behave the way we expect. Tenderness creeps into their rendezvous. At first, Allan is too shy to shower with Candy after they sleep together. She has to teach him how to French-kiss. It's moving, but also stressful, to watch their intimacy grow. "I'm getting in too deep," Candy realizes one day. "I don't want to fall in love with you." Of course, by then it's already too late.

**Feelings
don't
always
behave
the way
we expect**

THESE EARLY EPISODES, in which Candy and Allan find themselves falling for each other and struggle to navigate the emotional tumult they've created, are the most absorbing of the series. Maybe that's surprising, given that the blood, cops, and courtroom theatrics are still to come. But we've seen all of that stuff before, in other true-crime procedurals if not in *Candy*. Aside from a layered performance by Olsen that easily surpasses the wig-forward acting of *Candy*'s miscast Jessica Biel, what sets *Love & Death* apart from its predecessor, and so many other superficial, ripped-from-the-headlines murder shows (*Dahmer—Monster*, *The Thing About Pam*, *The Serpent*), is



^
A choir girl with a secret: Candy (Olsen, center) sings the body electric

Kelley's refusal to reduce real people to cartoon killers or weirdos or fools.

It's a welcome course correction from the prolific creator, whose post-*Big Little Lies* litany of rich-lady thrillers, from *The Undoing* to *Nine Perfect Strangers* to *Anatomy of a Scandal*, has suffered from similarly broad characterizations. After immersing us in the secret idyll that two utterly distinctive lovers create in a generic Texas motel room, Kelley, who wrote every episode, illuminates the people around them. We observe Betty's brittleness, Pat's unarticulated devotion, the hair-trigger temper of a hometown lawyer (Tom Pelphrey) trying his hand at criminal defense for the first time, the desperation of a young pastor (Keir Gilchrist) whose priggishness keeps losing his church congregants.

Candy and Allan gain new dimensions, in turn, under public scrutiny. Her fixation on the way other people perceive her comes to the fore. He seems caught between his ex-girlfriend and his dead wife, palpably guilty but allergic to self-reflection. While the local Methodist church functions as a default third space for this community—and just about everyone seems spiritually lost when Gilchrist's Ron replaces Jackie—Kelley takes pains to avoid representing their lives as some fundamentalist freak show.

Adapted from John Bloom and Jim Atkinson's 1983 nonfiction book *Evidence of Love: A True Story of Passion and Death in the Suburbs* and a collection of *Texas Monthly* articles by the same authors, *Love & Death* can sometimes get bogged down in mundane details. Amid so many other nuanced supporting characters, it's puzzling to see the wonderfully spiky Krysten Ritter wasted in a one-note role as Candy's most loyal confidant. And like most streaming docudramas, it could've been significantly shorter. Still, what makes Kelley's potentially redundant retelling of a well-worn story worth watching is the human heart at its core. For once, the love resonates as profoundly as the death.

Love & Death premieres April 27 on HBO Max



Chopra Jonas boosts global appeal for a series going everywhere and nowhere

TELEVISION

Amazon's empty Citadel

IF YOU SET OUT TO MAKE A SHOW that would attract the broadest possible worldwide audience—and you had a Tolkien adaptation—you might come up with *Citadel*. Helmed by Marvel hitmakers the Russo brothers, Amazon's espionage thriller casts Indian megastar Priyanka Chopra Jonas and Richard “Robb Stark” Madden as top operatives and former lovers in an elite international spy agency known as Citadel. Episodes jump from location to glamorous location (a multilingual, intercontinental *Citadel* universe is in the works). Action spectacles take up a huge percentage of the total screen time.

It's James Bond meets *Mr. and Mrs. Smith*, minus the self-aware fun. In a kinetic opening sequence, Chopra Jonas' Nadia Sinh and Madden's Mason Kane are on a train zooming through the Alps, bantering flirtily and battling thugs in the bathroom. But the mission goes sideways; so does the train, right off a cliff. It was all a trap—one that

ends *Citadel*—set by Manticore, a nefarious global syndicate that opposes the independent agency's anodyne mandate to protect “the safety and security of all people.”

While the agents survive, each has their memory wiped. By the time a former colleague (Stanley Tucci) finds him, eight years later, Mason has a wife and kid. Too bad the fate of the world hangs on his reuniting with Nadia to stop yet another dastardly Manticore plot.

The performances are charming and the pyrotechnics impressive. But the show has little to say. Whether it's due to behind-the-scenes turbulence, including the replacement of a showrunner, or the challenges of making a universally palatable spy thriller, the lack of substantive ideas makes *Citadel* feel pretty pointless. Maybe it's possible to make great TV that appeals to everyone without offending anyone, but this isn't it. —J.B.

Citadel comes to Amazon on April 28

MOVIES

A bleakly funny but tedious Freudian trip

BY STEPHANIE ZACHAREK

HOW MUCH DO YOU REALLY WANT TO KNOW about horrormeister Ari Aster's preoccupations and anxieties? Consider that seriously before subjecting yourself to *Beau Is Afraid*, a bleak black comedy that's very occasionally hilarious, though mostly just tedious. Joaquin Phoenix stars as bundle of neuroses Beau Wassermann, who's born into this world in the movie's opening scene, escorted by his mother's muffled screams and staticky, ominous-sounding thundercracks. Initially, the infant isn't crying, and presumably not breathing; his mother panics, snapping at the doctors. Then we hear a slap and a yowl, and one man's life begins. Fasten your seat belts; it's going to be a bumpy night.

Beau Is Afraid is three hours of one man's dark night of the soul, a howl of pain that occasionally twists itself into a guffaw. After clambering out of the birth canal and growing to middle age—Aster skips large portions of that business, thank God—Beau sits in the office of his shrink (Stephen McKinley Henderson), sharing, in halting language, his feelings about his impending long-distance trip to see his mother. He's OK with it. Or maybe not. Dr. Shrink writes a scrip for a new antianxiety medicine, warning his patient, more than once, to always take it with water.

BEAU HEADS HOME to his apartment in a seedy building in a nightmare version of New York, what tourists imagine the worst of the city to be. The streets are crawling with mentally ill hooligans, many of them naked and dirty, assaulting one another with abandon—just another day in the nabe. Beau nukes a frozen dinner, catches up on the TV news, and turns in, needing to be up early for his flight. What follows is a cracked symphony of paranoia, in which a belligerent, unseen neighbor repeatedly interrupts Beau's insomnia to complain about how much noise he's making (he is, obviously, making none). He oversleeps and almost makes it out the door to catch his flight, only to have his luggage and keys snatched by an invisible thief. Overwrought, he downs some of those new meds—then realizes his water has been turned off. And when he dashes across the street to the local bodega for a bottle of H₂O, his credit card is declined. As he struggles to count out the chicken feed in his pocket, we see multitudes of



^
Lane, Phoenix, and
Ryan: breaking
bread, anxiously

street crazies streaming into his building through the front door, which, keyless, he has propped open. They're all going to his apartment, naturally, where they'll engage in a destructive hootenanny of debauchery as he watches, helplessly, from the fire escape outside his window.

That's not the whole plot of *Beau Is Afraid*; it's barely the beginning. This early section is also the most grimly entertaining chapter of the movie, if also the most relentless. But it's all downhill from there. Beau's adventures include, but are not limited to, a semipeaceful interlude at the home of a seemingly benign suburban couple played by Nathan Lane and Amy Ryan; a stretch spent in a forest with a hippie theater troupe whose plays reveal deep truths about his own life; and a reunion with a lost love (played by the pleasingly wacky Parker Posey), which offers poor Beau a fleeting respite from his misery.

HOW MUCH MANICURED CRAZINESS can one movie hold? Aster tests the limits. *Beau Is Afraid* is his third film as a writer-director, and it's both more ambitious and more tiresome than either the 2018 grief-horror extravaganza *Hereditary* or the 2019 pagan-nightmare tableau *Midsommar*. Guilt, shame, paranoia, and a heap of Freudian mom issues—you name it, Aster slaps it up there on the



screen, with Phoenix as our jittery naif, stumbling from one traumatic episode to the next. His performance is like a three-hour-long murmur; with his watery eyes and perpetually slack jaw, his Beau looks a little zonked by it all. By the time his haranguing, unceasingly disapproving mother appears (she's played by Patti LuPone, masticating every line as if it were a piece of steak), we see exactly what the problem is.

Beau Is Afraid is stylish all right—Aster can't stay away from style. Groovy low-angle shots, dream sequences rendered in wacky point-of-view perspectives, nocturnal vistas of dark water shot in glimmering light: Aster borrows from the best (Martin Scorsese, Ingmar Bergman) and the worst (Gaspar Noé) in this belabored work of slapstick agony. It's the most magnificent act of oversharing you'll see all year, a banquet of all the TMI you can eat, just for the price of a ticket. Though when you think about it, shouldn't Aster be paying *us*? □

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Salman Rushdie The author on recovering from—and writing about—the August 2022 attack that nearly killed him, and the prospect of outliving the Islamic Republic of Iran

Not a pleasantry: How are you? I'm, you know, I'm getting there. The human body has a remarkable capacity for healing. I wouldn't say I'm 100% back, but I'm on the way.

Do you have a notion of what recovery will look like? It'll look pretty much like this. And that's to say, the eye is not coming back. The eye is lost. The hand that was badly damaged is recovering quite well with a lot of therapy. And the other wounds are getting better. There's a lot of therapy that's needed. Obviously, there was quite a lot of PTSD. But I'm getting better.

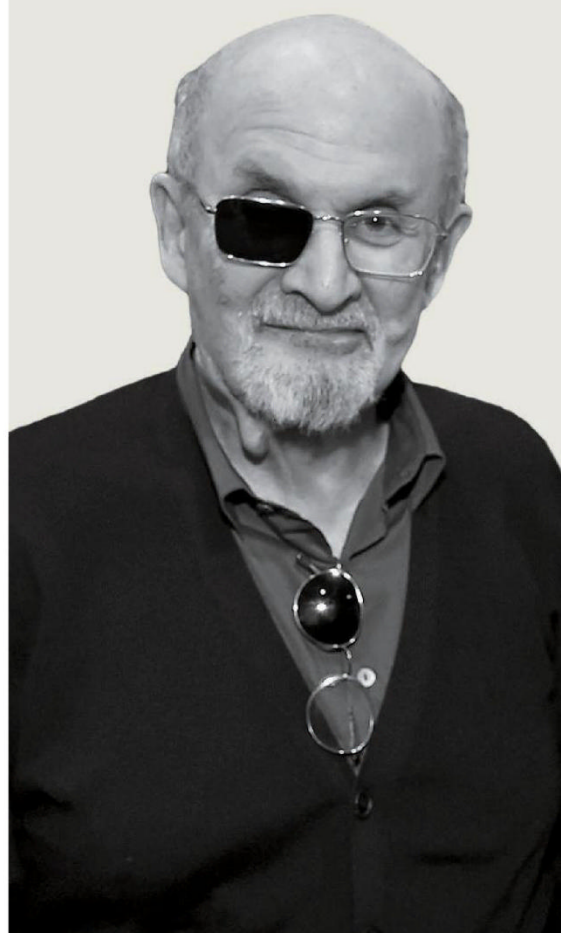
Can I ask about the PTSD therapy, if particular approaches were useful for you? I have a very good therapist who I've had for quite a long time and who knows me very well. You just have to talk through the obvious stuff—nightmares, all that kind of thing—and it'll take the time it takes. As you can imagine, it's a very terrible event in a life. And it takes some digesting. But one of the things I am doing is finding a way to write about what happened. Whatever is published next is very likely to be a text about that. For me, that's a way of kind of taking charge of it. I'm still working out exactly how it might go.

I don't imagine you're out in public much now? Not a lot. I'm just taking very slow steps back into the world. I intend to reclaim my life as fully as I can, but slowly does it.

I have to ask you about the events in Iran, whose leader in 1989 put a price on your head. I'm a little sick of the subject, because frankly my only connection with Iran is that they tried to kill me. I wish it weren't true. I mean, yes, I have been following events. I don't have a whole lot to say about it, except obvious things.

Could you imagine yourself getting on a stage again?

That's the big question. And "I don't know" is the answer. Not anytime soon. If you're a novelist, you don't meet your audience that often. You sit in a room for a few years, and then every so often you come out of your room and meet your readers. I've always really enjoyed that.



I admire the young women of Iran and the men who are supporting them. But that's about it.

It just occurs to me that you may well outlive the Islamic Republic. Well, that'd be nice.

Are you promoting your new novel, *Victory City*? Not really. Because of what happened, what would have normally been quite an extensive book tour became nothing. And the book seems to be doing very well, so maybe it didn't need me.

You're back at work. Take me through your day. I've never been an early-morning person, so I tend to work something like an office day. Maybe the exception is that I always, always, at night before going to bed, read what I wrote that day. For two reasons: one is to have it in my head the next morning, and the other is to see if there's things that need fixing after a few hours of being away.

One thing to love about *Victory City* is that, as a fictional account of an invented empire, it exists in counterpoint to the attack. It was finished before the attack.

Yes, but it's a work about imagination. Yes. I was really, really fortunate that I had just finished work on it. I mean literally a week or so before the attack, I had finished correcting the galleys. If I'd been in the middle of it, it would have been very hard to finish it. Because actually, for quite a long time after the attack, writing was something which I couldn't do. Just wasn't available to me.

You were trying, or ...? I would try, but there was just nothing there. And in the end I didn't try. That seems to be coming back. Like the rest of me.

—KARL VICK

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